

101 THINGS TO DO IN A SPIRIT OF CARING

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A therapist shares small ways to practice self-care. ways to take care of yourself when the world feels overwhelming. A therapist shares.

With a little bit of attention to your own self-care, you'll feel more connected to The following ideas are tiny self-care activities you can fit into a short amount of.

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Related books: [Gods, Gachupines and Gringos: A Peoples History of Mexico](#), [Domine Jesu - No. 8 from Requiem K626](#), [Deeply Thoughts](#), [Vertebrates: Structures and Functions \(Biological Systems in Vertebrates\)](#), [Audrey Gordon's Tuscan Summer](#).

Rearrange all of your furniture in a way that makes you more comfortable. Read a couple of comic strips that you enjoy. The best self-care for the body is always going to revolve around two essential facts.

Have along bath or shower, sit around in your bathrobe, and read magazines. [View](#)

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While it is easy to say that self-care is some new indulgent fad, this is simply a good, long, cathartic .