

HOW WAS YOUR SELF CARE WEEK?

MADE TULOG
ALL DAY



FINISHED
NEVERENDING
ASSESSMENTS

WORKED
OUT



ADVANCE
READ
THE LESSONS

DANCED MY
STRESS AWAY



WATCHED
A MOVIE



STALKED MY
BIAS



VIDEO CALLED
WITH
FRIENDS

SHOPPED
ONLINE



PLAYED WITH
FRIENDS



MADE
PA-DELIVER
FOOD

BINGED A
SERIES



USG

STALKED
MY
CRUSHES

TRIED
SOMETHING
NEW



PLAYED WITH
MY PETS



POSTED A
PHOTO ON
SOCIAL MEDIA

ATE
ALL DAY!



SKIPPED
A DAY'S
BATH

MEDITATED



TRIED
SOMETHING
NEW

VIDEO CALLED
MY FAMILY/FRIENDS



CLEANED MY
ROOM



SLEPT ALL
DAY



HAD MUSIC
ON REPEAT



@Tag YOUR FRIENDS