

SELF-CARE ACTIVITIES FOR GROWN-ASS FOLKS

S T F A R C M G N R A E L E G
N Z S S P A V U N U W T S U R
O I U O E C X L S I I I L Q A
I G R V A I A A N I C C Z K T
T N A G G T Q N L R C N C D I
A Q O R J O O B E E W Y A T T
B Y U G D R H X A G R S N D U
R X B U Y E E Z K T O C N R D
U A W I B T N C D C H F A H E
T D K X Y I T I I E N J B E L
S O E U X V J A N R A W I X F
A T D M I R L T S G P I S E G
M J M E D I T A T I O N G S O
H W F E Z G N I D A E R D U O
T D A E Z H J H F M O V I E S

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CRAFTS
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EXERCISE
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PORN
READING
RELAX
SEX
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