

10 MINUTE ACTIVITIES FOR QUICK SELF-CARE!

**HAVE A
SHORT BREAK**



**WRITE IN A
JOURNAL**



**TAKE A QUICK
10 MINUTE WALK**



**LISTEN TO MUSIC
OR MEDITATE**



**SIT OUTSIDE IN THE
SUN**



**CALL OR TEXT
A FRIEND**



TASP 

The Association for Successful Parenting
a chance to parent

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