

Self-Care Menu: Beverages

This menu is for those low-capacity days or moments where even things you enjoy feel hard and you don't have much motivation. This is also a good menu for when your time is limited. Try to keep these items short and easy to achieve.

Savory: Acts of Dail	y Living/Necessar	y Tasks
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Sweet: Self-Care/Restorative and Restful Activities

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