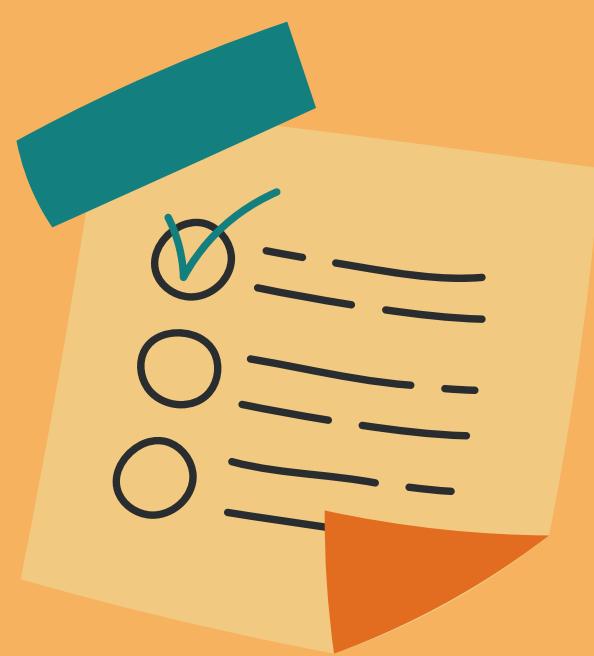


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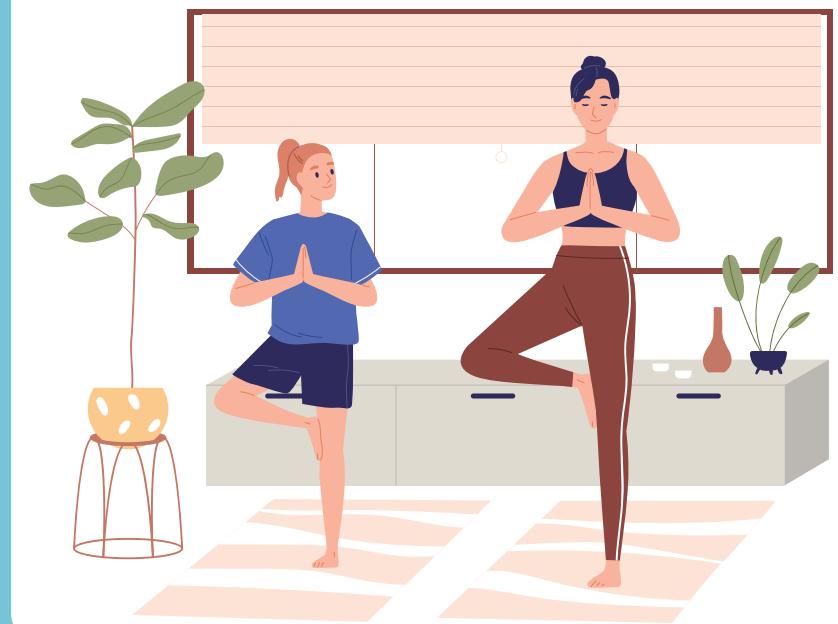


ETABLER RUTINE



SELVPLEJE

Prioriter mentalt og fysisk velvære.



BESKÆFTIGER SIG MED ISOLATION

TIPS OG STRATEGIER TIL VELVÆRE

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Overvej online terapi og få kontakt med jævnaldrende



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