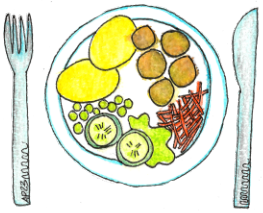
Mikä auttaa arjessa?

Värinautit

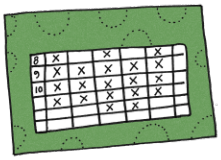


☐ Säännölliset ruoka-ajat

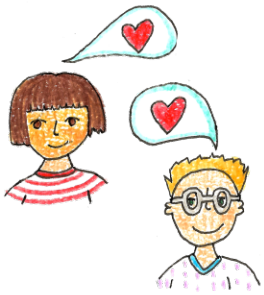
☐ Oma aika

☐ Riittävä uni

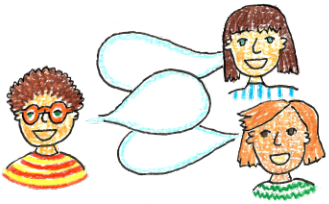
☐ Harrastukset



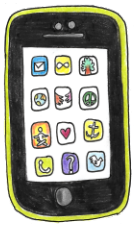
☐ Selkeät suunnitelmat



☐ Aika läheisten kanssa

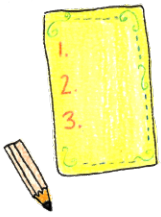


☐ Sosiaaliset suhteet



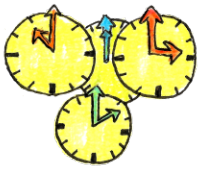
☐ Sometauko

☐ Rentoutuminen



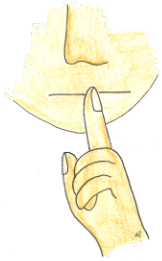
☐ Listat

☐ Raitis ilma

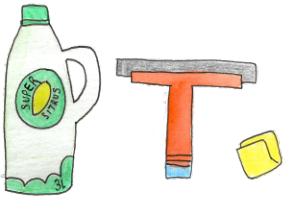


☐ Työajan rajaus

☐ Liikunta



☐ Hiljaisuus



☐ Siisti koti

☐ Rutiinit

☐ Spesiaalipäivät

☐ Kahvi tai tee

☐ Musiikki