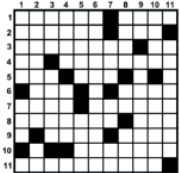
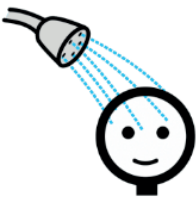
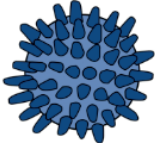
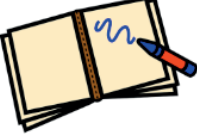
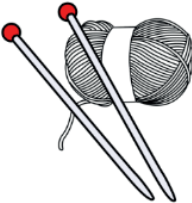


|                                                                                     |                                                                                     |                                                                                     |                                                                                       |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |     |     |    |    |
| pyssel                                                                              | läsa                                                                                | lyssna på musik                                                                     | ljudbok/<br>podd                                                                      | tystnad                                                                               |
|    |    |    |     |    |
| korsord                                                                             | pussel                                                                              | yoga                                                                                | mindfulness                                                                           | avslappning                                                                           |
|    |    |    |    |    |
| lugn promenad                                                                       | bada                                                                                | duscha                                                                              | släcka<br>ljuset                                                                      | ljus                                                                                  |
|  |   |  |  |   |
| te                                                                                  | andnings-<br>övning                                                                 | massage                                                                             | massagebol<br>                                                                        | lyssna                                                                                |
|  |  |  |  |  |
| tyst utrymme                                                                        | ringa ett<br>samtal                                                                 | varm dryck                                                                          | värmedyna                                                                             | titta ut                                                                              |
|  |  |  |   |  |
| skriva                                                                              | målarbok                                                                            | spela                                                                               | spela gitarr                                                                          | spela piano                                                                           |
|  |  |  |   |  |
| lägga<br>patients                                                                   | sticka                                                                              | sy                                                                                  | virka                                                                                 | tänka                                                                                 |