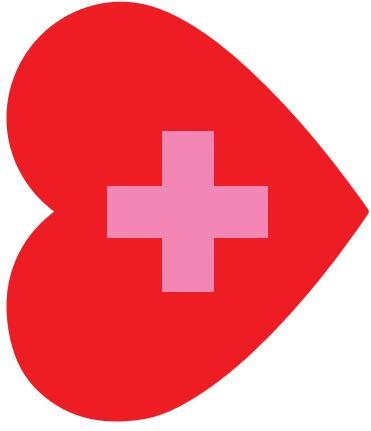
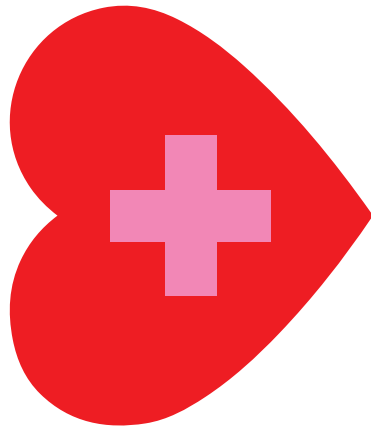


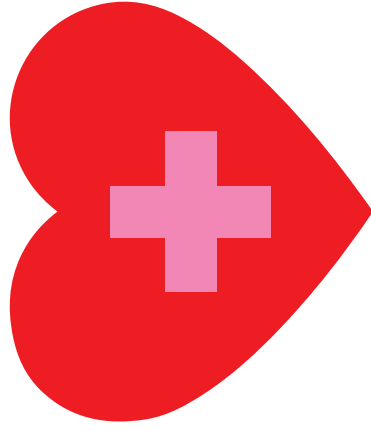
**SELF CARE KIT**



**SELF CARE KIT**



**SELF CARE KIT**



**SELF CARE KIT**



**WRITE YOURSELF  
A LOVE LETTER**



**WRITE YOURSELF  
A LOVE LETTER**

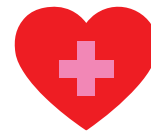


**WRITE YOURSELF  
A LOVE LETTER**

**WRITE  
IN YOUR  
GRATITUDE  
JOURNAL**



**WRITE  
IN YOUR  
GRATITUDE  
JOURNAL**



**WRITE  
IN YOUR  
GRATITUDE  
JOURNAL**



**WRITE  
IN YOUR  
GRATITUDE  
JOURNAL**



**RE-READ  
YOUR  
FAVOURITE  
BOOK**



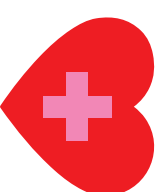
**RE-READ  
YOUR  
FAVOURITE  
BOOK**

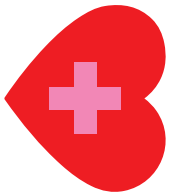


**RE-READ  
YOUR  
FAVOURITE  
BOOK**

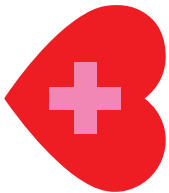


**RE-READ  
YOUR  
FAVOURITE  
BOOK**





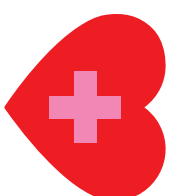
**TAKE A 30 MINUTE  
WALK IN NATURE OR  
PRACTICE GENTLE YOGA**



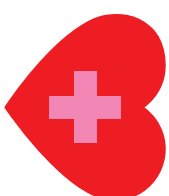
**STAY IN YOUR  
PJS ALL DAY**



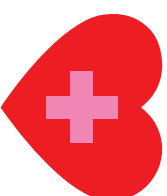
**WAKE UP EARLY TO SIT  
OUTSIDE TO FEED & LISTEN  
TO THE BIRDS**



**TREAT YOURSELF TO A  
MANICURE OR PEDICURE  
(QUICK DRY!)**



**UNPLUG FOR A WHOLE DAY  
FROM ANY TECH**



**CELEBRATE  
A WIN**

**TAKE A LONG  
RELAXING  
BUBBLE BATH**

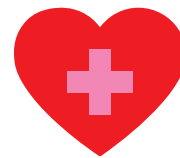
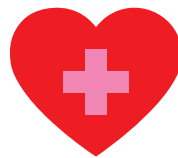
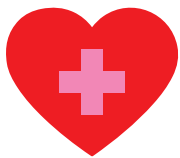
**NOURISH YOUR  
BODY WITH A  
HEALTHY HOME  
COOKED MEAL  
OR SNACKS**

**HAVE  
GOOD,  
LONG  
CRY**

**TAKE A  
POWER  
NAP**

**MEDITATE  
FOR  
30 MINUTES**

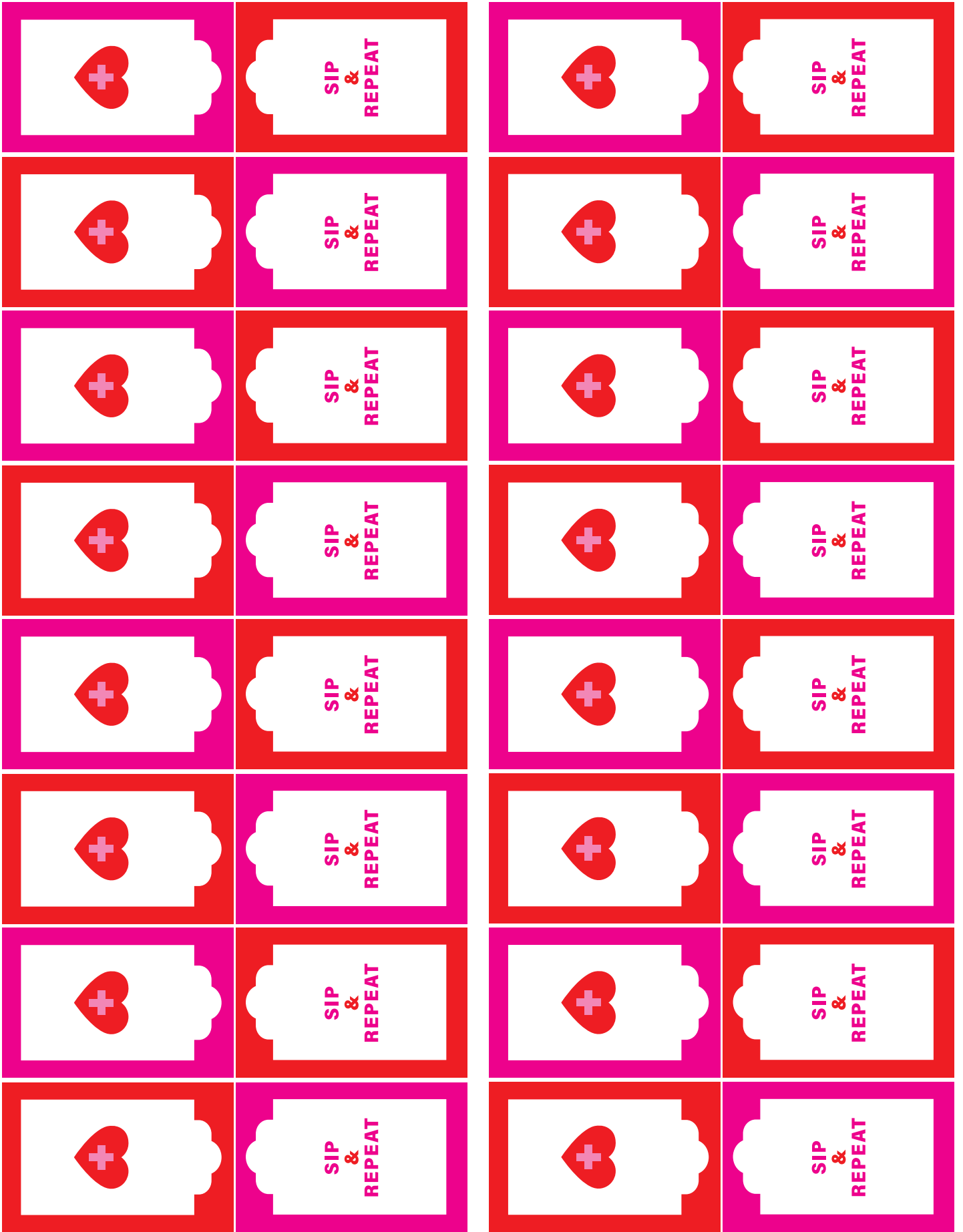
**BE CREATIVE**



**IN CASE OF  
EMERGENCY**



**BREAK OPEN**





let's  
TALK

Hello  
SUNSHINE

*You ARE*  
THE BEE'S  
KNTIES

THE MAGIC IS IN  
*You*

*make it*  
**HAPPEN**

*The WORLD*  
**IS YOUR**  
*Oyster*