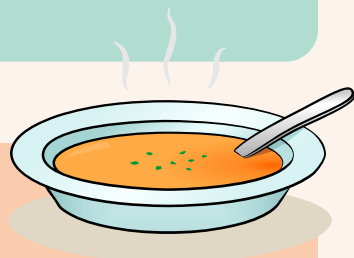


a cozy
**FIRST
AID KIT**

Fill in the remedies that work for you



This book always fills me with comfort



This food warms my belly and my heart



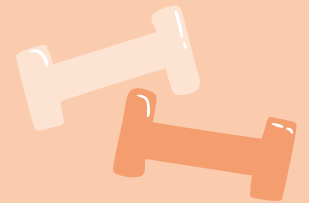
A chat with this person who always knows just what to say



This movie/TV show always makes me laugh and feel light



This type of exercise makes me feel alive and healthy



Refer back to this "kit" on rough days and use as needed