

Self Care

KIT CHECKLIST

- 1 JOURNAL AND PENS
- 2 SNACKS (SUGARY OR NON-SUGARY)
- 3 MUSIC
- 4 ESSENTIAL OILS FOR REDUCING STRESS
- 5 SPIRITUAL PASSAGES TO UPLIFT & ENCOURAGE YOU
- 6 PHOTOS OF PEOPLE YOU LOVE & WHO LOVE YOU
- 7 ITEMS TO FIDGET WITH TO REDUCE ANXIETY
- 8 YOUR FAVORITE BOOKS
- 9 LOTIONS FOR A GOOD MOISTURIZING SESSION
- 10 POSITIVE AFFIRMATIONS (TO HELP YOU REFOCUS)
- 11 APPRECIATION CARDS
- 12 BLANKET THAT YOU CAN HELP YOU RELAX