

SELF-CARE

for busy people

TOP TIP

@DELPHIELLIS

#HELPINGYOU SPARKLE

Print these cards or take a screen shot and write your own top tips that you know work for you when you're feeling overwhelmed, or to give yourself permission to rest.

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You can use the SOS card to write yourself a promise for when things are difficult, or to give to someone so they know how to help you if your mind is racing or anxiety has taken hold.

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S.O.S. CARD

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