

mom's survival toolkit



Make a Checklist of Friends who "Get It"

Name _____ Phone Number _____
Name _____ Phone Number _____
Name _____ Phone Number _____



Take 10 (minutes)

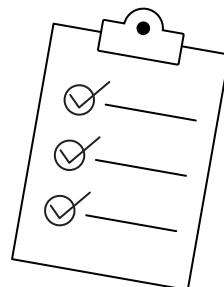
- Have a Cup of Tea
- Read 10 Pages of a Book
- Stare into Space
- Get Fresh Air
- Apply a Face Mask
- Meditate
- Blast Music
- Cat Nap
- Take a Shower
- Paint your Nails



Write It Out

What are you...

- Grateful for?
- Worried about?
- Avoiding?
- Needing?
- Happy About?
- Changing?



Get Physical

- Walk
- Dance
- Stretch
- Jump
- Punch (the air)
- Run



Book A...

- Massage
- Doctor's Visit
- Counseling
- Dinner Reservation
- Cleaning Lady
- Weekend Away