

TAKE WHAT YOU

need



Reset & Calm

Scan this code to recharge with a calming breathing minute.



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Find Joy

Write a note of thanks to someone on the back of this tag and share it with them.

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Keep Going!

Repeat this 3 times: "I am stronger than I think. I got this!"

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Uplifting Actions

Do something nice for someone else today. Fill your cup by filling theirs.



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