



CREATING YOUR

Self-Care Kit!

BROUGHT TO YOU BY THE

Brightside Bear

READ THE COMPLETE ARTICLE ON SELF-CARE KITS AT [HTTP://BRIGHTSIDEBEAR.COM/SELF-CARE-KIT/](http://brightsidebear.com/self-care-kit/)

SMELLS THAT RELAX ME

HAPPY REMINDERS (PHOTOS, SOUVENIRS)

HEALTHY TREATS I LOVE

CREATIVE ESCAPES (PUZZLE, ART SUPPLIES)

POSITIVE AFFIRMATIONS

MY FAVORITES (MOVIES, MUSIC, BOOKS)

Made with love just for you! Be sure to stay connected to @Brightside_Bear and sign up for emails to bring more positivity into your life!

