



## **When you can't leave it in your car.**

*Surviving through a difficult season.*

- ( ) Give Yourself Grace.
- ( ) Sleep, eat, exercise, repeat.
- ( ) Phone a friend, or your therapist.
- ( ) Lean into what you do well.
- ( ) Don't expect to be 100% for a while.
- ( ) Find a mantra, or a music playlist.

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