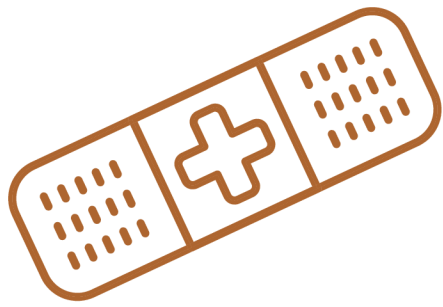


What's in your Emotional First Aid Kit?



We're not talking about band-aids or gauze, we're talking about your tools, items, and content you turn to when you need emotional support. Emotional First Aid Kits can be physical or digital compilations of resources that support your emotional health, at home or at work. Your Emotional First Aid Kit should be kept in a convenient, easy to reach spot. Make one to keep at work, one for home, and one that you can take on the go!



Emotional health is about how we feel about ourselves, how we handle difficult situations, and how we acknowledge both our own and other people's feelings.

What's in your emotional first aid kit??

**BELIEVE IN
YOURSELF**