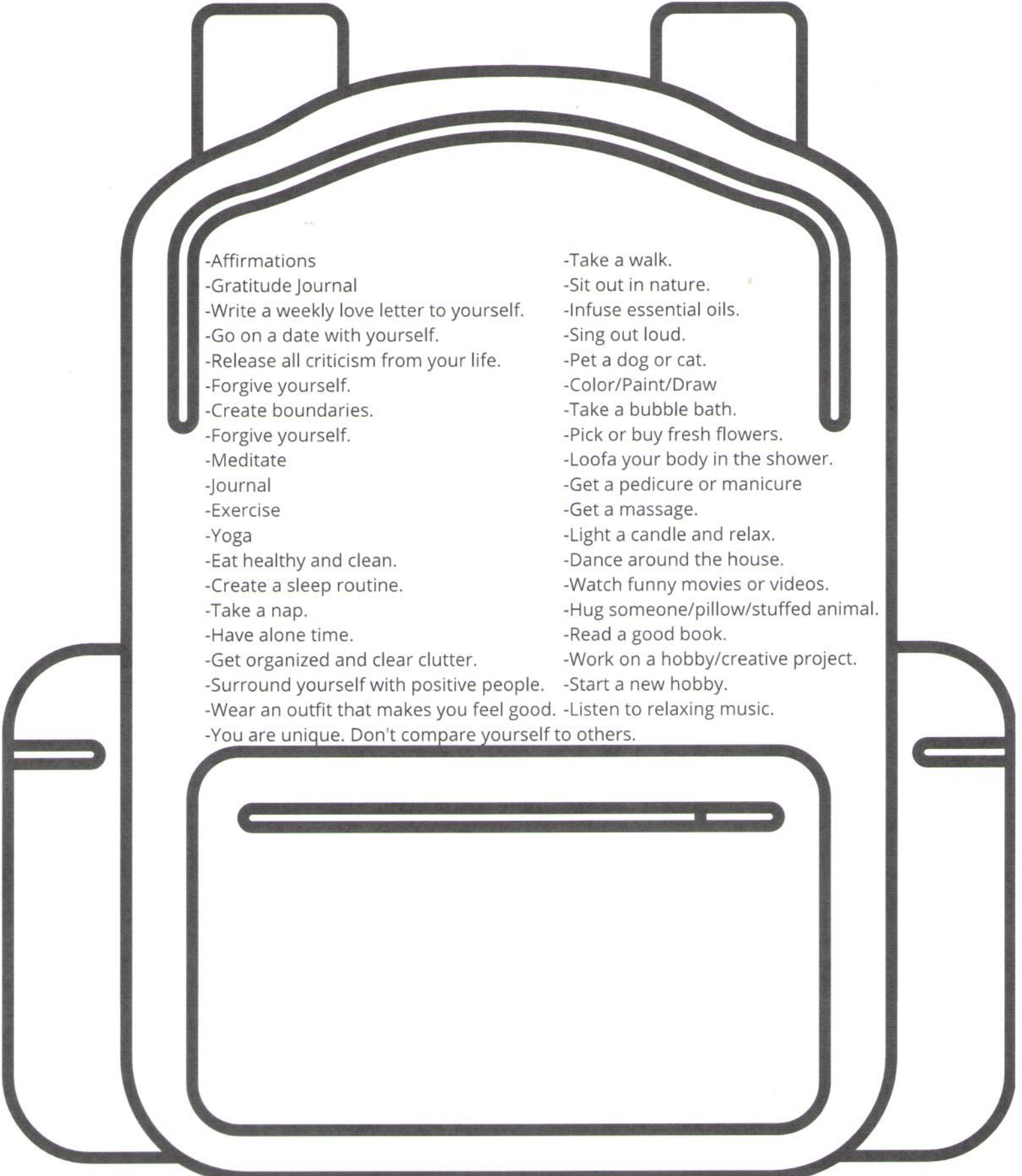


Backpack of Resources

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- Affirmations
 - Gratitude Journal
 - Write a weekly love letter to yourself.
 - Go on a date with yourself.
 - Release all criticism from your life.
 - Forgive yourself.
 - Create boundaries.
 - Forgive yourself.
 - Meditate
 - Journal
 - Exercise
 - Yoga
 - Eat healthy and clean.
 - Create a sleep routine.
 - Take a nap.
 - Have alone time.
 - Get organized and clear clutter.
 - Surround yourself with positive people.
 - Wear an outfit that makes you feel good.
 - You are unique. Don't compare yourself to others.
 - Take a walk.
 - Sit out in nature.
 - Infuse essential oils.
 - Sing out loud.
 - Pet a dog or cat.
 - Color/Paint/Draw
 - Take a bubble bath.
 - Pick or buy fresh flowers.
 - Loofa your body in the shower.
 - Get a pedicure or manicure
 - Get a massage.
 - Light a candle and relax.
 - Dance around the house.
 - Watch funny movies or videos.
 - Hug someone/pillow/stuffed animal.
 - Read a good book.
 - Work on a hobby/creative project.
 - Start a new hobby.
 - Listen to relaxing music.