



CREATE A SELF-CARE KIT

It's critical to prepare in advance for a weather disaster, and the same goes for health and wellness. It isn't easy to predict when a crisis will hit our emotional health, so it's always best to be prepared.

That means it's time to build a self-care kit. Grab a bag or a box to fill with small comfort items that help ease stress and emotional tension.



Some items to consider are:

- Favorite cold drink or warm beverage
- Favorite snack
- A soft blanket
- Music or movies
- Favorite book or comic
- A scented candle
- Warm socks
- A plush pillow
- Incense

Whatever you decide to stuff your self-care kit with, once it's complete, store it in a dry, safe place. Preparing for the rough days means you always have someone caring for you, too. And who better to take care of you than the person who knows you best—you!