

AE Caregiver Survival Kit

Life Saver:

To remind you of the times you've been one

Mint:

To remind you that you are worth a 'mint'

Paper clip:

To help you hold it together

Eraser:

To remove worry and stress

Mirror:

To see what an Angel looks like

Snickers:

For keeping your sense of humor

Starburst:

For that burst of energy you'll need

A Rock:

To remind you of your inner strength

Hershey's Hugs and Kisses:

Because you can never receive enough

Flashlight:

To light your way when your journey gets dark

International Autoimmune Encephalitis Society©