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©