



# 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©

