

# AE Psychiatrist's Survival Kit

**Life Saver:**

To remind you of the many times you've been one

**Rubber band:**

To remind you to stay flexible

**Hershey's Kisses:**

To remind you of the support you bring patients

**Mirror:**

To provide reflection

**Snickers:**

For keeping your sense of humor

**Starburst:**

For that burst of energy you'll need

**Smarties:**

For learning about autoimmune encephalitis

**Payday:**

For when a diagnosis of AE is confirmed

**Kudos:**

For knowing anti-psychotics worsen the condition

International Autoimmune Encephalitis Society©