

#AEWarrior Dad's Survival Kit

Mint:

To remind you that you are worth a 'mint'

Smarties:

To remind you to take time for yourself

Paper clip:

To help you hold it together

Soap:

To wash away your worries

Cotton ball:

To absorb your stress

Snickers:

To remind you to laugh daily

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

Kudos:

For doing a GREAT job!

International Autoimmune Encephalitis Society©