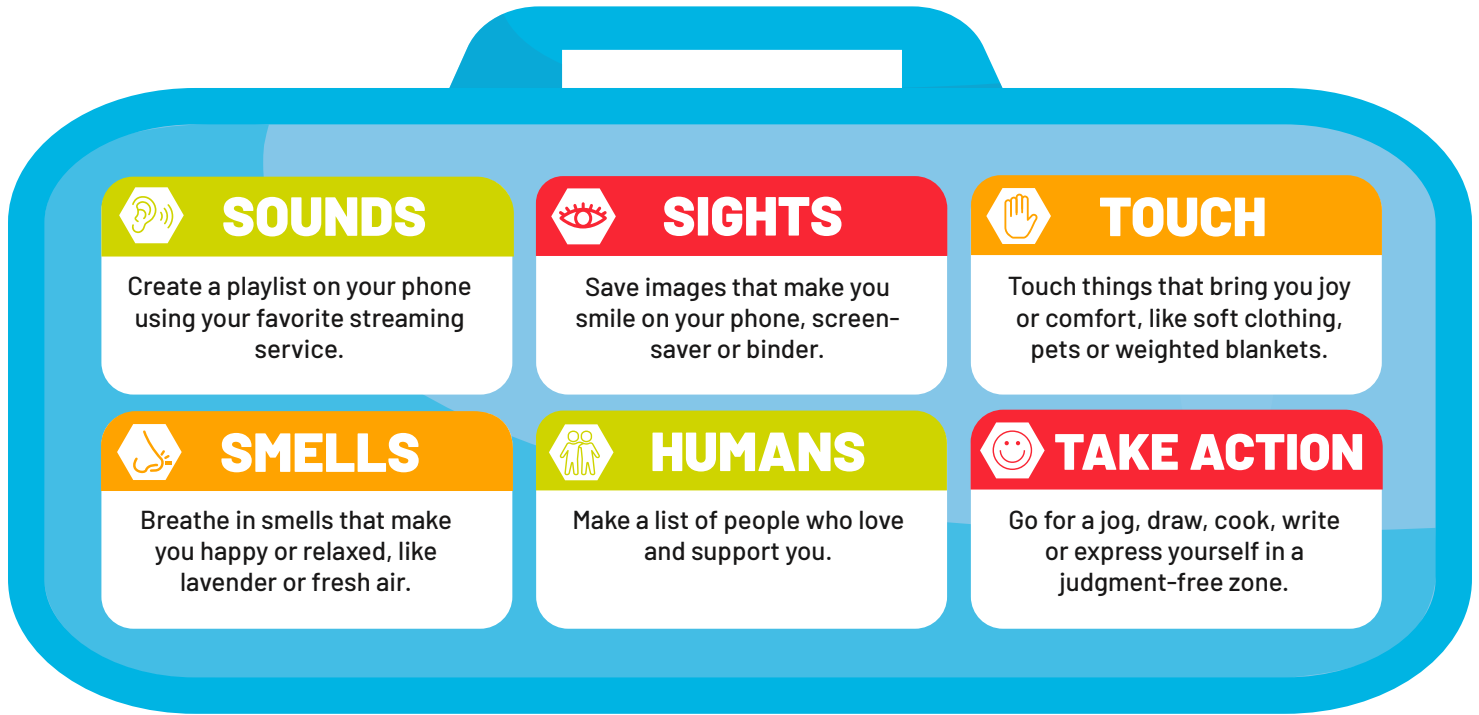


Emotional First Aid Kit



Having a rough day? Feeling stressed or overwhelmed? We can't always control when these moments occur, but we can control how we prepare and react. Creating an Emotional First Aid Kit can help us prepare for these moments with steps you can take to feel calm again.

WORK2BEWELL



Create Your Own Emotional First Aid Kit

