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THE
LITTLE FROG'S
GUIDE TO
SELF-CARE



MAYBELL EEQUAY

SELF-CARE FOR
HARD TIMES



IF HOUSEHOLD OR SELF-CARE
TASKS FEEL TOO BIG, TRY
DOING THEM HALFWAY.

SOMETIMES WHEN WE'RE REALLY
STRUGGLING, SOMETHING AS
SIMPLE AS MAKING YOUR BED
CAN FEEL LIKE A CHALLENGE.

TO TAKE A LITTLE PRESSURE OFF
WHILE STILL GIVING YOURSELF EVEN A
SMALL FEELING OF ACCOMPLISHMENT,
TRY JUST STRAIGHTENING UP YOUR
BED INSTEAD OF FULLY MAKING IT.



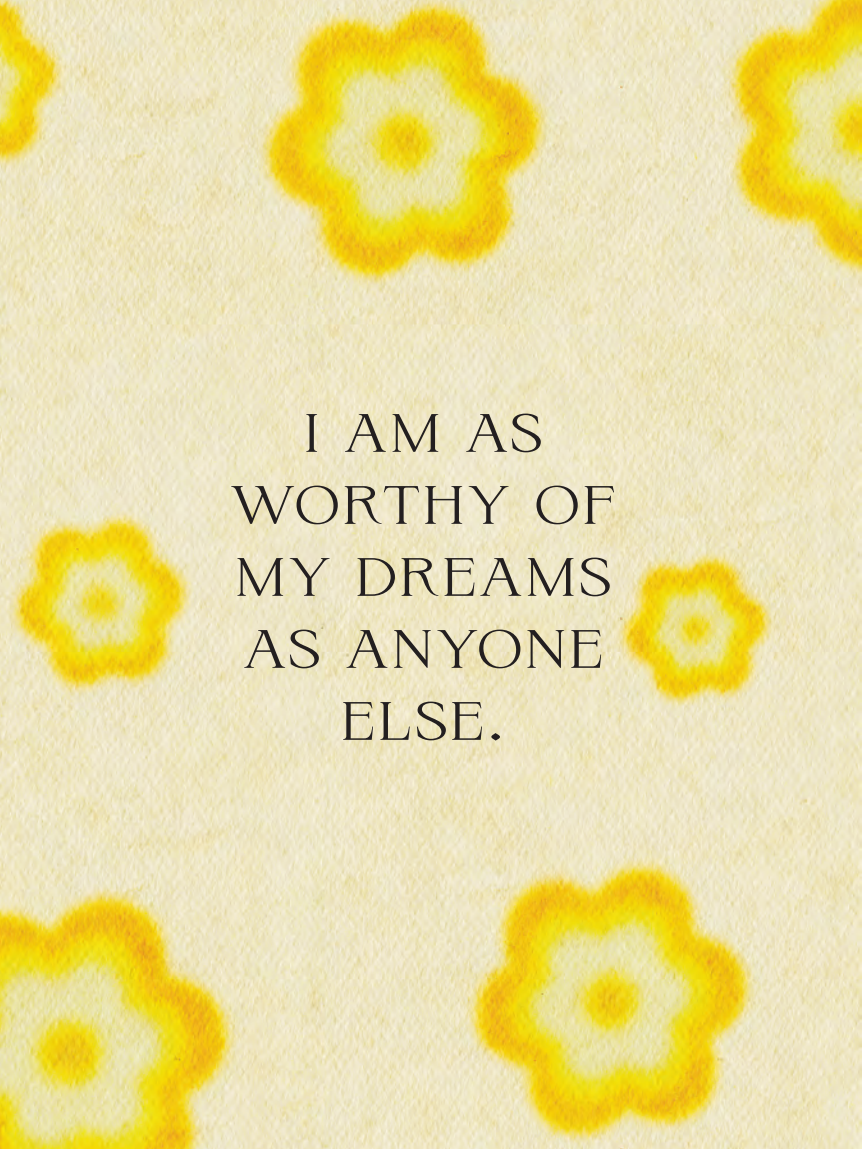


IF YOUR HOUSE IS A MESS
AND IT FEELS OVERWHELMING,
START BY DOING JUST ONE
THING. THIS COULD BE TIDYING
UP ONE ROOM, OR IT COULD
BE SOMETHING EVEN SMALLER
LIKE CLEARING A TABLE. LITTLE
ACCOMPLISHMENTS ADD UP,
SO WHEN YOUR MENTAL
HEALTH ISN'T AT ITS BEST, TRY
FOCUSING ON ONE SMALL GOAL
AT A TIME TO HELP YOU GET
TO A BETTER HEADSPACE.

TEN
AFFIRMATIONS TO
REMINDE YOU OF
THE MAGIC THAT
YOU HOLD

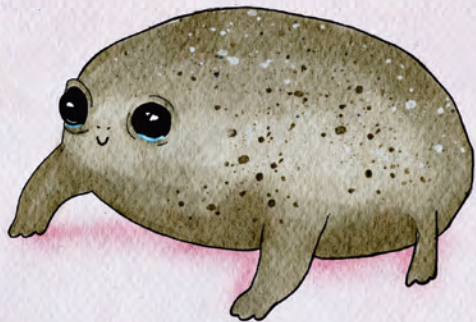
IF YOU ARE BUILDING A HEALTHY
RELATIONSHIP WITH YOURSELF AND
WORKING ON ADJUSTING YOUR
SELF-TALK, AFFIRMATIONS ARE
A GREAT PLACE TO START.

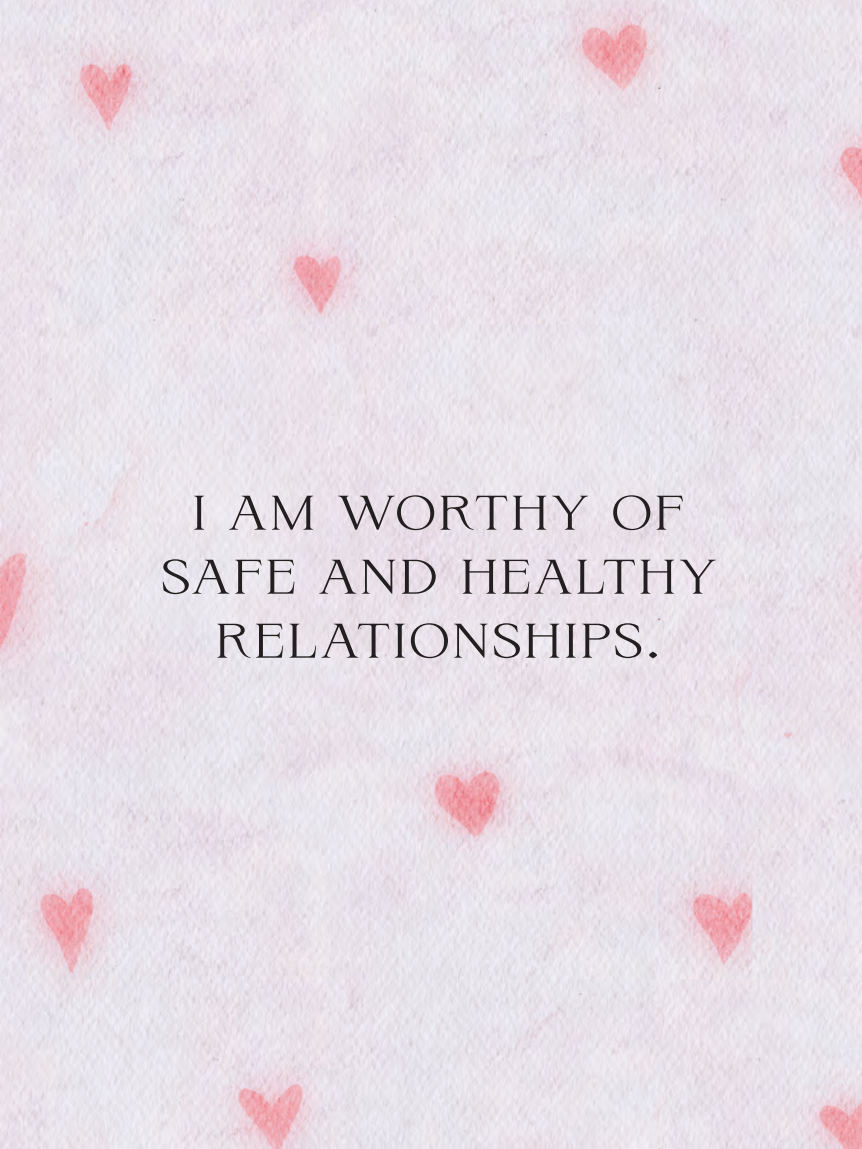


The background of the page is a light cream color with a repeating pattern of stylized yellow flowers. Each flower has a white center and a yellow, slightly irregular outline, giving it a soft, watercolor-like appearance. The flowers are scattered across the page, with some larger and more prominent than others.

I AM AS
WORTHY OF
MY DREAMS
AS ANYONE
ELSE.







I AM WORTHY OF
SAFE AND HEALTHY
RELATIONSHIPS.



Publicity

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