



YOUR EMOTIONAL FIRST AID KIT

*A gentle guide to support
yourself through stress,
sadness, or overwhelm*



Let's break the myth
that healing is hard.
Sometimes, the
smallest tools bring
the biggest peace.

swipe to read





THE TRUTH?
*You Only Need ONE
Minute to Start*

One mindful breath. That's all it takes to begin. Even 60 seconds can make a difference.





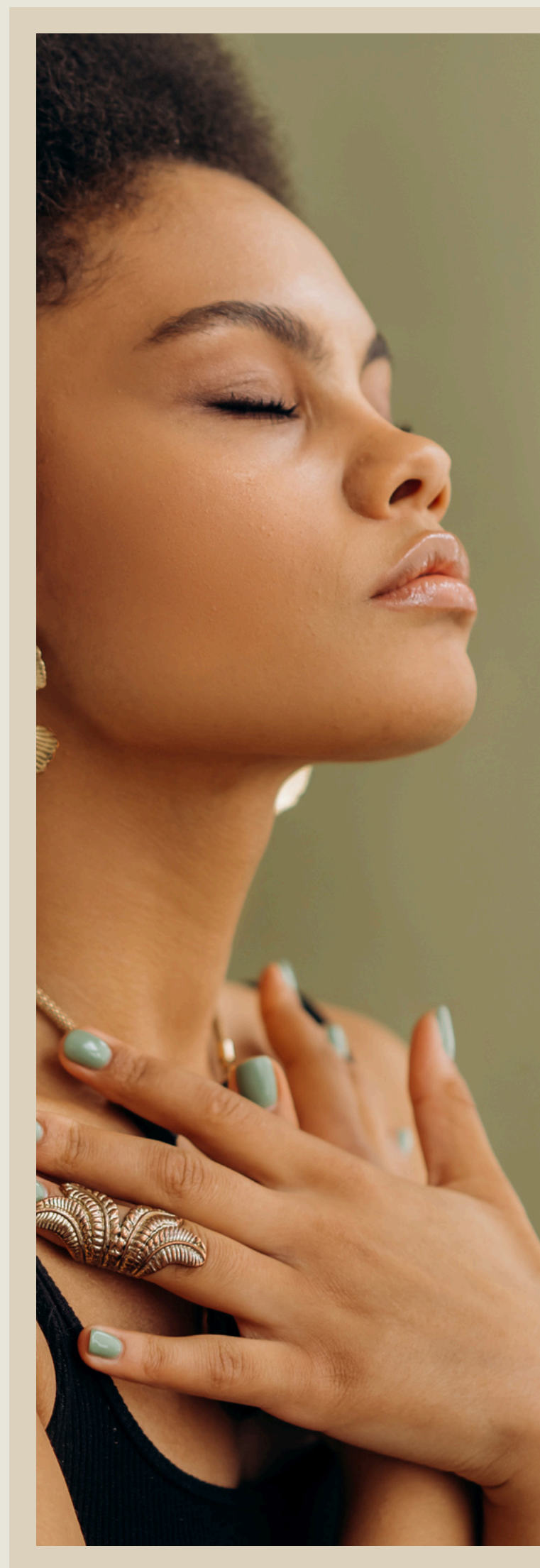
Breathe to Come Home to Yourself

Try this:

- Inhale for 4
- Hold for 4
- Exhale for 8

Do this for three rounds.

Whisper to yourself: “I am safe to slow down.”





Your Comfort Basket

Fill a small box or corner with soothing tools like:

- **A soft scarf or cozy sweater**
- **A calming scent (lavender, rose, frankincense)**
- **A stone or object that feels grounding**
- **A warm drink and a gentle playlist**

*This is your sacred pause space.
Come here anytime.*





Speak to Yourself Like a Friend

When things feel hard, try saying:

- **“I’m doing the best I can.”**
- **“This moment is not forever.”**
- **“I can take one breath at a time.”**

Your voice matters. Let it be kind.





Soothing Touch Anchors

- **Hand on your heart and belly – feel your breath move**
- **Wrap yourself in a soft hug**
- **Press your feet into the floor, feel the ground hold you**

*Your body is wise.
Let it know it's safe to soften.*





Gentle Invitations

When you feel ready, try one of these soft shifts:

- **Step outside and feel the wind**
- **Write down what you're feeling—no judgment**
- **Rock gently side to side, like a lullaby**
- **Hold something warm and comforting**
- **Text someone who sees you**

You don't have to do it all. Just one thing is enough.





A NOTE FROM THE MARA HOUSE

*This kit isn't about perfection or
"fixing" you.*

*It's about remembering that
your emotions are messengers,
not threats. You are resilient,
wise, and worthy of tenderness—
always.*

