

### **“What I will say to myself” Cards**

Write one phrase or sentence on each card. Think of things that help you to feel calm, comforted and more positive. These could be quotes, song lyrics or any phrases that are meaningful to you. It might be helpful to think about what you would say to a friend if they were in your position. Print, cut them out and keep these cards with you to read through when you feel distressed and need some support.

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