

# Self Care.

not alone.

Mom never ate because after four kids had our meal, nothing was left. Sacrifices are being made all over the world. My daughters love father who can't see. Babies grow faster than the speed of light. Nouveau's father may not see her for two months! Yet, we do this for others because that is the Marianist message.

With that said, I pray you each take this time to be grateful for any privileges you know you have. Pray for those who are suffering the most. Pray for medical workers and delivery drivers and grocery store employees who are extending themselves and scared too. Many have NO CHOICE but to work.

light  
positive energy out

Deep Breaths  
GIVE THEM NEED. CLOSE YOUR EYES, TAKE DEEP BREATHS AND MANIFEST ONLY POSITIVE THOUGHTS. DON'T PLAY - DO POSITIVE WILDFESTRATIONS FOR THOSE IN NEED.

Silver Lining

resiliant  
empathetic TIME

understanding

grateful for life  
positive thoughts  
positive thoughts

reflection

embrace will recover

protective for others  
Life is about others  
Stay focused on those positives