

# BEAR HUG

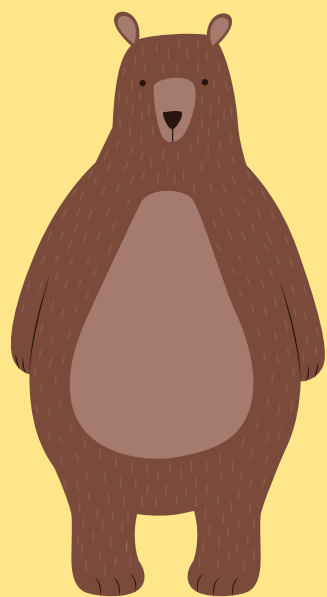
SPRINT PROJECT  
TIPS FOR GROUNDING

TAKE A MOMENT OUT



## WRAP

yourself tightly in a blanket



## GIVE

yourself a big bear hug!

## BE KIND

to yourself.



[SPRINTPROJECT.ORG/TOOLKIT](https://sprintproject.org/toolkit)

#MSTtoolkit #MST4Life