

Daily Survival Kit

Rubber band - to remind you to be flexible - things may not always go the way you want, but it will work out.

Toothpick - to remind you to pick out the good qualities in others.

Candy Kiss - to remind you that everyone needs a hug, kiss or word of encouragement everyday.

Penny - to remind you your thoughts are important - Share them with others.

Band aid - to remind you to heal hurt feelings, yours or someone else's.

Pencil - to remind you to list your blessings everyday.

Eraser - to remind you that everyone makes mistakes, and it's okay.

Mint - to remind you that you are worth a MINT!

Gum - to remind you to stick with it and you can accomplish anything.

Tea bag - to remind you to relax daily and go over that list of blessings.

Bag - It's important to keep it all together. Find the balance in your physical, professional and spiritual life. Explore the resources available to you in the community.

Drug Awareness Committee
Wawa Healthy Lifestyles Coalition

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