Comfort Menu

Make yourself a menu of things that help you to feel better. These can vary in length of time and effort needed.

Starters

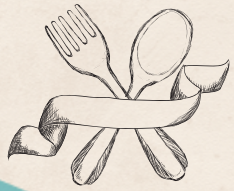
Starters can instantly help distract us and deal with overwhelming feelings.

Mains

Mains are things that take more time but are guaranteed to make us feel good.

Desserts

Desserts are the things that we do when we just need a little boost.



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