Everything I know about self-care I learned from my pets.

Charles Barnes, SJ
I see you’re stressed...

Ever have one of those mornings?
Things not going to plan?

EPIC FAIL
Fish got your tail?
In the Dog House?

Yeah, I'm doin' thirty days for barfin' on the clean underwear.

2010/07/28
Life doesn’t have to be all serious

Okay, but when the Xanax wears off

I'm gonna have to hurt you.
Plan to take care of yourself

NO ONE SIMPLY WALKS INTO MORDOR
without a leash, and a pooper scooper
Eat a balanced diet

You need less carrots...

...and more bacon.
Have a laugh

...and then the cat fell in the toilet...and, and...

...dude, stop! STOP! You're killing me!!

IHASAHOTDOG.COM BY ☃️
Take time to play

TIME FOR TICKLES!
Be careful about risk taking behavior

"Yea, though I walk through the valley of the shadow of death. I will fear no evil" Psalm 23
Be careful of displaced anger

IT’S NOT PMS
IT’S YOU
Be open to surprise

Suddenly...

A giraffe!
Beware of unhealthy coping strategies
Take time out for the little things

BUBBLEWRAP
One of Life's simple pleasures.
Talk about it

I love you, couch.

You understand me.
Pray!
Don’t let the little things get you down
Take time for hobbies

I can't sit on top of the TV all day. Stop being so cheap and just get the cable fixed already.
Practice gratitude
Stop whining
You fit purrrrrfectly
Give yourself time to heal

That's ok, my fur will grow back.

Your curtains on the other hand...
Avoid making important decisions

Seriously? It's hopeless.

Just change your major now and save yourself a lot of pain and embarrassment.
Watch your caffeine and alcohol intake

Need...

More...

COFFEE!
Remember: Life is a gift!

Happiness in Hand
d-d-d-dat's all fokes!