

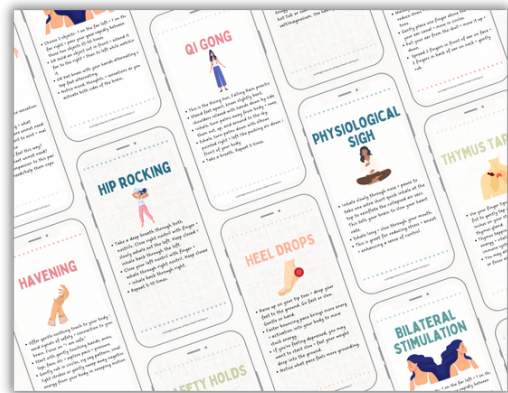
Thank you for purchasing this Emotional Regulation Toolbox of 42 Self-Care cards to help guide yourself back to peace. It's time to take your power back from chronic stress + symptoms!

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CLICK ON THE IMAGES TO DOWNLOAD YOUR SELF-CARE CARDS HERE:



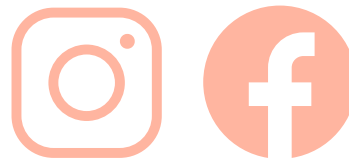
42 Printable Cards
(Print + cut out!)



42 Mobile Digital Cards
(Save to your phone!)



LET'S CONNECT!



www.jillmariehowell.com



Friend, if you want to be equipped to confidently move through emotions with ease, to break the survival state of chronic distress, + end the war within yourself, you will love NOURISH- my Nervous System Healing Hub that is full of guided tools (videos + audios), resources, + live monthly somatic classes to rewire your brain + body with peace! Join the membership with or without 1:1 coaching to change the way you interact with yourself + others!



You might also love my monthly somatic release class- Release + Restore! This online Zoom class guides your brain + body to pause + experience ease as you guide yourself to recover from stress + overwhelm! This R+R class takes place the 2nd week of every month!

