

AT LAST! YOUR VERY OWN,
CUT-OUT-N-KEEP,

self-Care Catcher™

A LOVING NUDGE BY ESME BLEGVAD ©2018 LDN

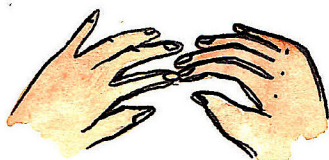
SOMETIMES WHEN YOU FEEL CRAP, SELF-CARE CAN SEEM LIKE AN ABSTRACT UNFATHOMABILITY, AND IT CAN BE HARD TO REMEMBER TO LOOK AFTER YOURSELF. KEEP THIS HANDY CARE-CATCHER NEARBY, ON DAYS WHEN JUST FEELING SHIT IS MAKING YOU FEEL SHITTIER, AND LET FATE PROMPT YOU TO SOME QUICK, SIMPLE LITTLE ACTIONS THAT MIGHT HOPEFULLY MAKE YOU FEEL A TEENSY BIT BETTER. TREAT YOURSELF AND DON'T FORGET—YOU ARE THE M.V.P. OF "YOU"

How to make it:

YOU WILL NEED:

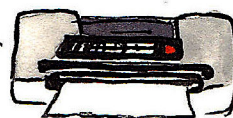


SCISSORS



AND YOUR HANDS

rrrrrrpppfttttt
ttkkkkrrrrgggh



AND ALSO A PRINTER

STEP ONE:

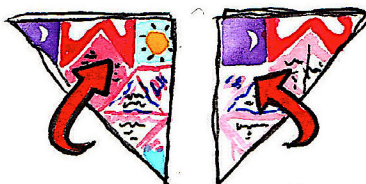
PRINT AND CUT OUT YOUR CATCHER ALONG THE DOTTED OUTER LINE



IT SHOULD BE ROUGHLY A SQUARE

STEP TWO:

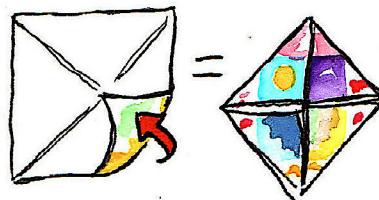
FOLD THE SQUARE DIAGONALLY FROM CORNER TO CORNER



(i.e. "THE EARTH" to "THE SUN" and "THE STARS" to "THE SEAS")

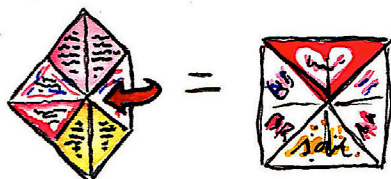
STEP THREE:

TURN OVER YOUR CREASED SQUARE SO THE IMAGE FACES DOWN, AND FOLD EACH CORNER DIAGONALLY UP TO ALL MEET IN THE MIDDLE OF THE SQUARE



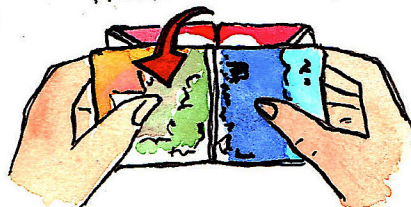
STEP FOUR:

NOW TURN THIS SMALLER, MORE-FOLDED DIAMOND OVER AGAIN SO THAT ALL THE TEXT IS NOW FACE-UP, AND AGAIN, FOLD ALL FOUR CORNERS IN, TO MEET IN THE MIDDLE



STEP FIVE:

NOW FOLD THIS LIL FOLDED-UP SQUARE IN HALF, HORIZONTALLY



AAAND, YA GOT IT! SIMPLY STICK YOUR THUMBS + FINGERS UNDER THE OUTER FLAPS, AND GET READY TO FEEL DAMN GOOD!*



* RESULTS MAY VARY, BUT FINGERS CROSSED