



I let myself slow down  
and enjoy this moment.

*Comfort • Reassurance •  
Emotional ease*



I am supported in  
simple, meaningful  
ways.

*Comfort • Reassurance •  
Emotional ease*



I allow myself to feel  
comfortable and at  
ease.

*Comfort • Reassurance •  
Emotional ease*



I welcome warmth and  
softness into my day.

*Comfort • Reassurance •  
Emotional ease*

## Warm Embrace