

# MHANYS Give & Take

Give words of encouragements and  
take some time for self-care.

Decorate these cards or leave them as they are and post them in places where they will  
serve as reminders or share with others.

I hope this  
brightens your  
day!

Thinking of you  
today.



READING

You are making  
an impact on the  
world!

Thinking of you  
today.



COOKING

Thank you for  
being you!

Thinking of you  
today.



SPORTS

You are  
appreciated!

Thinking of you  
today.



MUSIC

You are  
enough!

Thinking of you  
today.