

What are some kind words you can say to yourself, and kind actions you can take, and kind things you can do for yourself, a) in the next few hours, and b) in the next few days and weeks?

<p>Kind words I can say to myself in the next few hours</p>	<p>Kind actions I can take, and kind things I can do for myself in the next few hours</p>
<p>Kind words I can say to myself in the next few days and weeks</p>	<p>Kind actions I can take, and kind things I can do for myself in the next few days and weeks</p>