

LOVE YOUR TREE

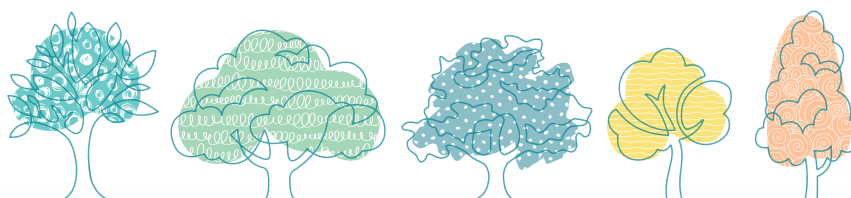
Cultivating Compassion Through Art



BRANCHES OF HOPE: SELF-AFFIRMATION CARDS

Celebrate yourself and your unique journey by completing the prompts on the cards. Snap a selfie with your card and share on social media, or send a photo to LoveYourTree@ERCPATHLIGHT.COM to help shine a light on the importance of self-compassion and community connection.

| Diversity and Uniqueness | Community and Connectedness |
|--------------------------------------|---|
| Like a tree, I am unique because... | Like a tree, I am connected to... |
| Resilience and Change | Strength and Growth |
| Like a tree, I show resilience by... | Like a tree, I grow stronger through... |



STAY CONNECTED: We want to hear from you and see how you're getting involved!

To learn more, visit LoveYourTree.org
Email us at LoveYourTree@ERCPATHLIGHT.COM

Follow us on social media:
[@EatingRecovery](https://twitter.com/EatingRecovery) [@PathlightBH](https://twitter.com/PathlightBH) [#LoveYourTree](https://twitter.com/LoveYourTree)

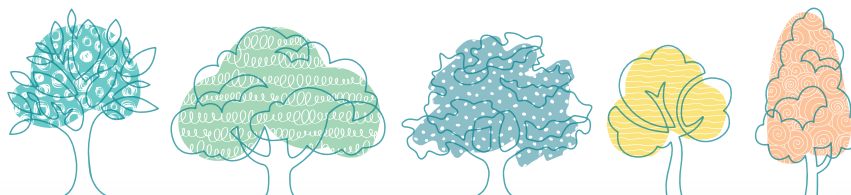
LOVE YOUR TREE

Cultivating Compassion Through Art



BRANCHES OF HOPE: SELF-AFFIRMATION CARDS

| Mindfulness and Joy | Diversity and Uniqueness |
|-------------------------------|----------------------------|
| Like a tree, I find joy in... | Like a tree, my body is... |



STAY CONNECTED: We want to hear from you and see how you're getting involved!

To learn more, visit LoveYourTree.org
Email us at LoveYourTree@ERPathlight.com

Follow us on social media:
[@EatingRecovery](https://twitter.com/EatingRecovery) [@PathlightBH](https://twitter.com/PathlightBH) [#LoveYourTree](https://twitter.com/LoveYourTree)