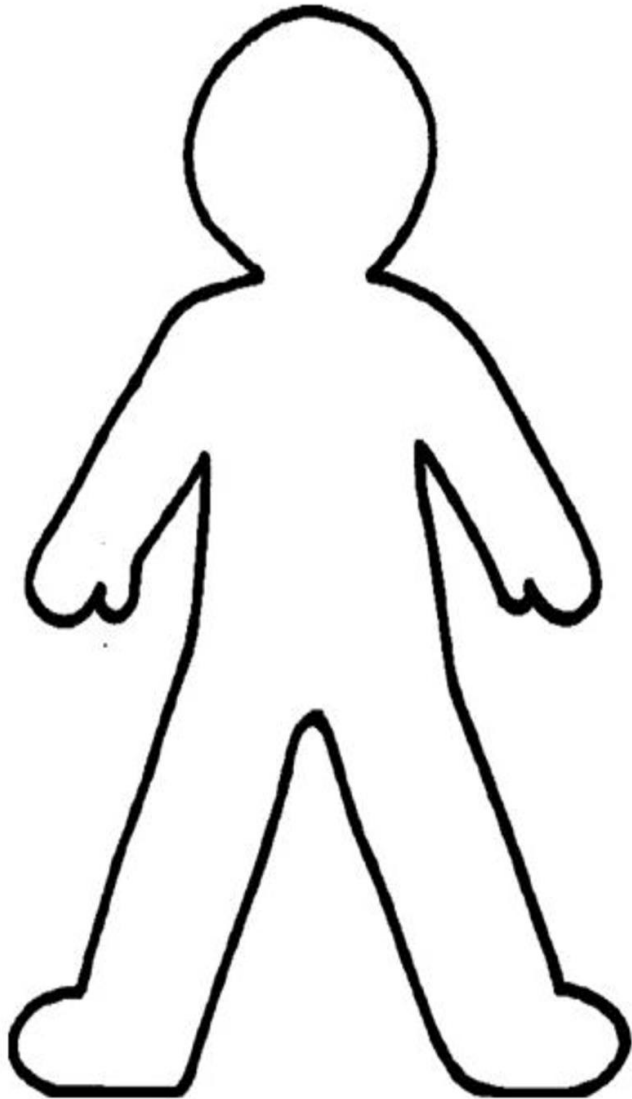


# Keep or put in the f\*ck-it-bucket??



What do we need to look after ourselves, to be kind to ourselves?  
E.g. sleep, food, friends, support, medicines, fresh air, praise, acknowledgement etc.

What don't we need, what can we do without, what should we put in the f\*ck-it-bucket in order to help our wellbeing? E.g. ignorant people, unnecessary stresses, criticism, unhelpful advice etc.

