



# SICK SEASON SURVIVAL GUIDE



## STOCK UP LIST

- ☐ TISSUES
- ☐ TYLENOL
- ☐ IBUPROFEN
- ☐ COUGH DROPS
- ☐ VICS RUB
- ☐ DECONGESTANT
- ☐ COUGH MEDICINE
- ☐
- ☐
- ☐ OTHER MED/REMEDIES
- ☐
- ☐
- ☐ **PANTRY**
- ☐ ELECTROLYTES
- ☐ TEAS
- ☐ JUICE
- ☐ SOUP
- ☐ CRACKERS
- ☐ PAPER PLATES
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

## PRIORITIES

- ☐ GET BETTER
- ☐ SIMPLE MEALS
- ☐ START LAUNDRY
- ☐ TRASH
- ☐
- ☐
- ☐

## REMINDERS:

- ♥ LOWER YOUR EXPECTATIONS
- ♥ PRIORITIZE REST
- ♥ TIME IN WORD/PRAYER
- ♥ SIMPLIFY

## VERSES:

- ♥ GOD IS OUR REFUGE AND STRENGTH, AN EVER-PRESENT HELP IN TROUBLE-PSALM 46:1
- ♥ MY HELP COMES FROM THE LORD, THE MAKER OF HEAVEN AND EARTH. - PSALM 21:1-2