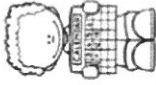




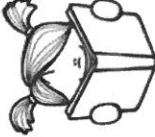





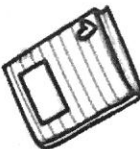
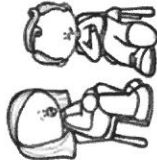
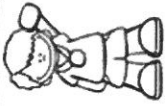



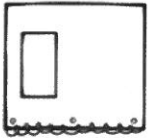

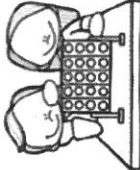



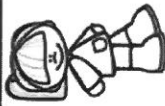






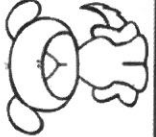





CHOOSE A STRATEGY:

<p>Plan something to look forward to</p> 	<p>Control your breathing</p> 	<p>Get some exercise</p> 	<p>Spend time in nature</p> 	<p>Make a list of 5 good things in your life</p> 
<p>Read your favorite book</p> 	<p>Write an encouraging note to yourself</p> 	<p>Have a personal dance party</p> 	<p>Get enough rest</p> 	<p>Look at pictures of happy memories</p> 
<p>Look around for something beautiful</p> 	<p>Write in a journal</p> 	<p>Talk to an adult you trust</p> 	<p>Set a goal</p> 	<p>Write positive affirmations on sticky notes</p> 
<p>Write a story about yourself overcoming something hard</p> 	<p>Stretch or do yoga</p> 	<p>Write a silly song</p> 	<p>Play an instrument</p> 	<p>Play your favorite game</p> 
<p>Write a song about your feelings</p> 	<p>Compliment yourself</p> 	<p>Remember a time when you were successful</p> 	<p>Go for a walk outside</p> 	<p>Draw or paint something meaningful to you</p> 
<p>Play your favorite sport</p> 	<p>Picture a calm place in your mind</p> 	<p>Give yourself a hug</p> 	<p>Listen to music that lifts you up</p> 	<p>Do something nice for someone else</p> 
<p>Spend time with a pet or stuffed animal you love</p> 	<p>Listen to the sounds of the weather</p> 	<p>Think of a funny memory</p> 	<p>Ask a friend to hang out</p> 	<p>Squeeze play dough</p> 