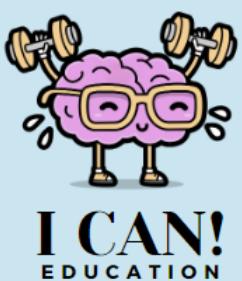


if you're feeling...



overwhelmed



journal

anxious



meditate

burnt out



walk outside

sad



call a friend

angry



breathing
exercises