

if you're feeling...



I CAN!
EDUCATION



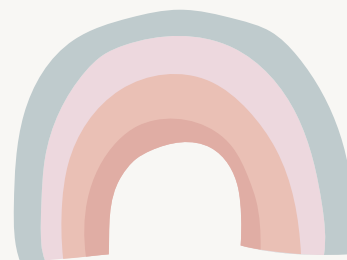
overwhelmed

anxious

burnt out

sad

angry



journal

meditate

walk outside

call a friend

breathing
exercises