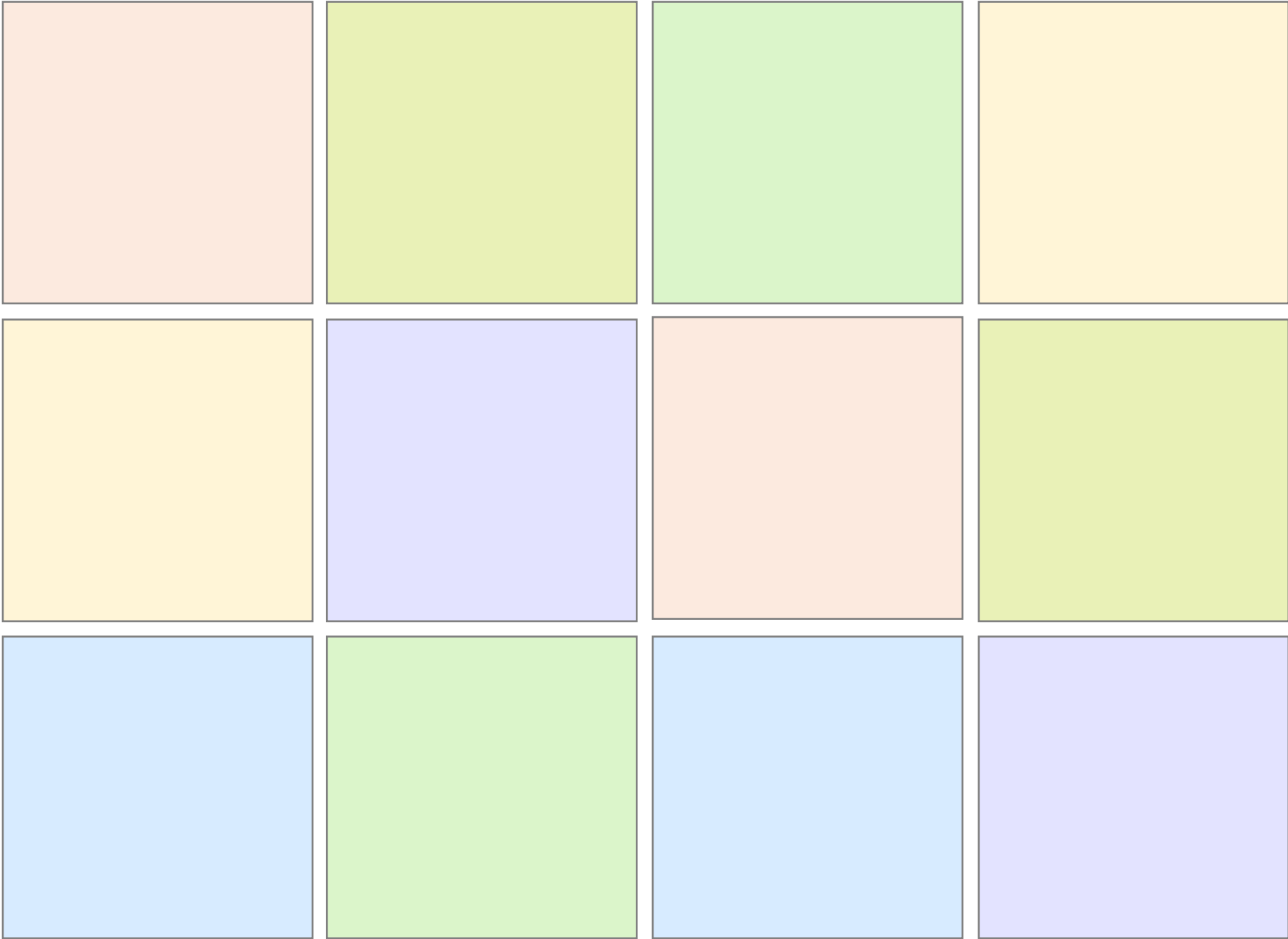
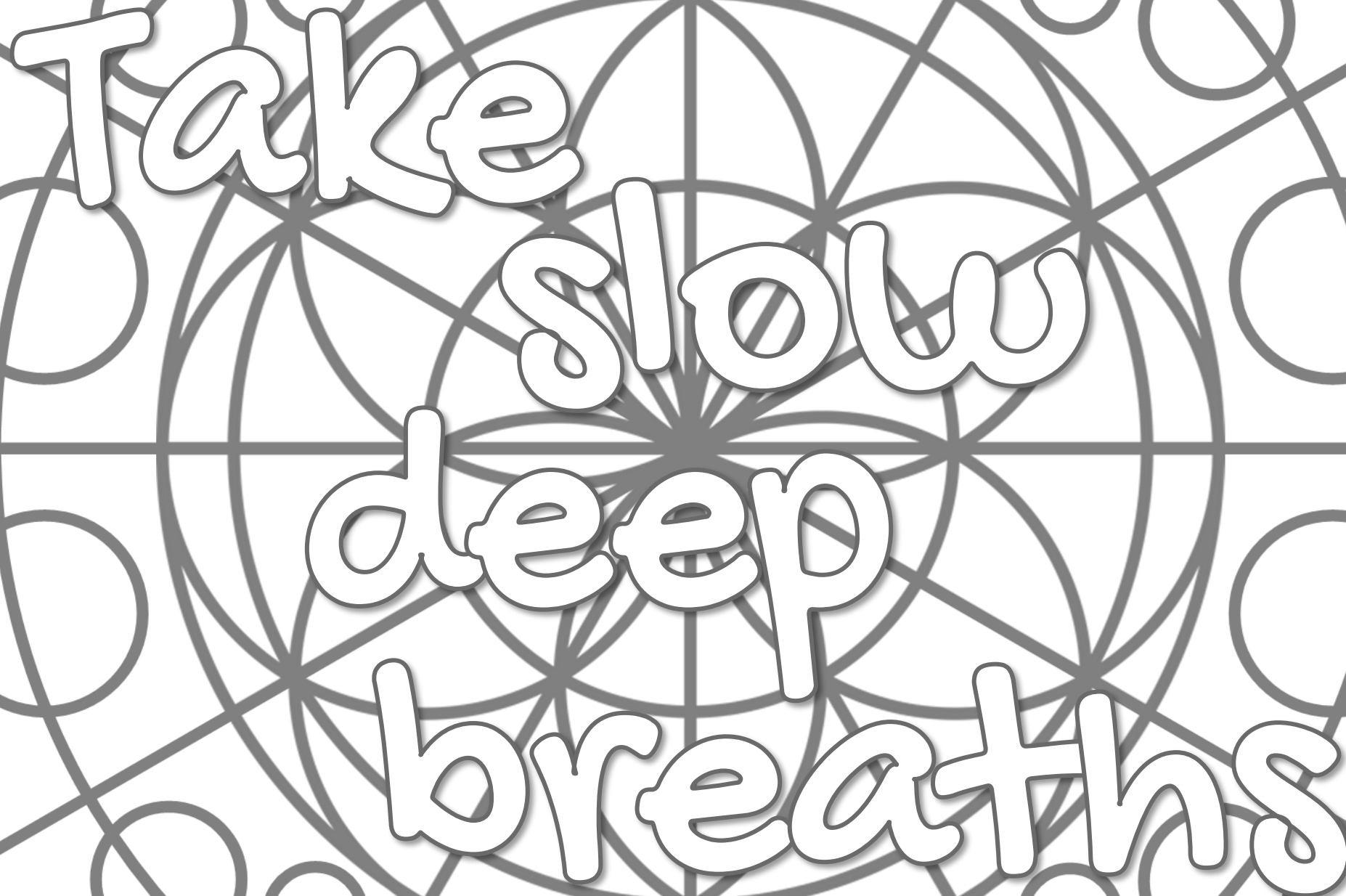


Use these squares to add more positive coping tools to your toolbox:





Take
slow
deep
breaths