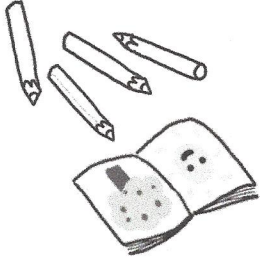


# When I Feel

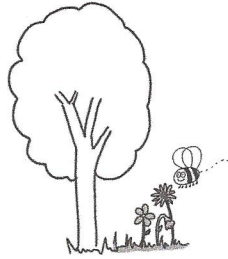


# STRESSED OUT

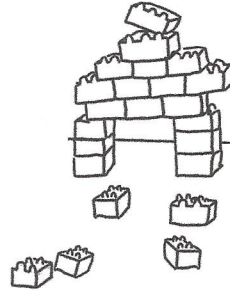
## I Can...



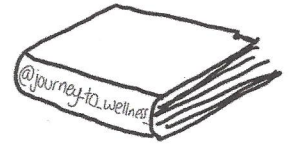
**DRAW OR  
COLOR**



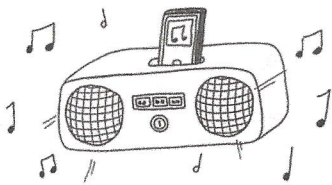
**UNPLUG +  
GO  
OUTSIDE**



**BUILD  
SOMETHING**



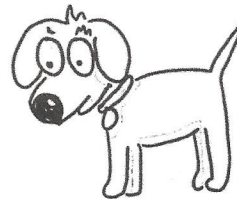
**READ**



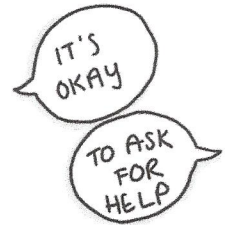
**LISTEN TO MY  
FAVORITE MUSIC**



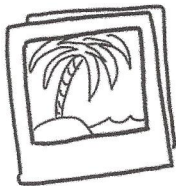
**DRINK PLENTY OF  
WATER**



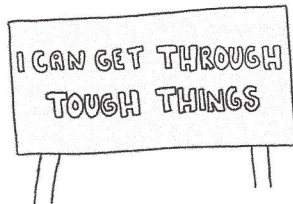
**HANG OUT WITH  
MY FURRY FRIEND**



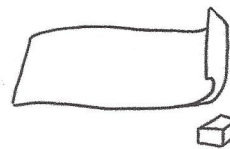
**ASK FOR  
HELP**



**THINK OF HAPPY  
MEMORIES**



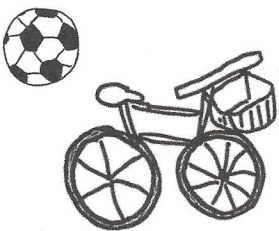
**USE POSITIVE  
SELF-TALK**



**STRETCH OR  
DO YOGA**



**CLEAN,  
ORGANIZE  
+ DE-CLUTTER**



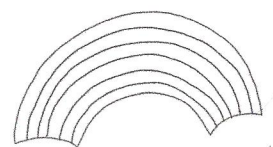
**EXERCISE**



**MAKE A LIST &  
FOCUS ON 1 TASK  
AT A TIME**



**PRACTICE  
GRATITUDE**



**FOCUS ON  
THE GOOD**