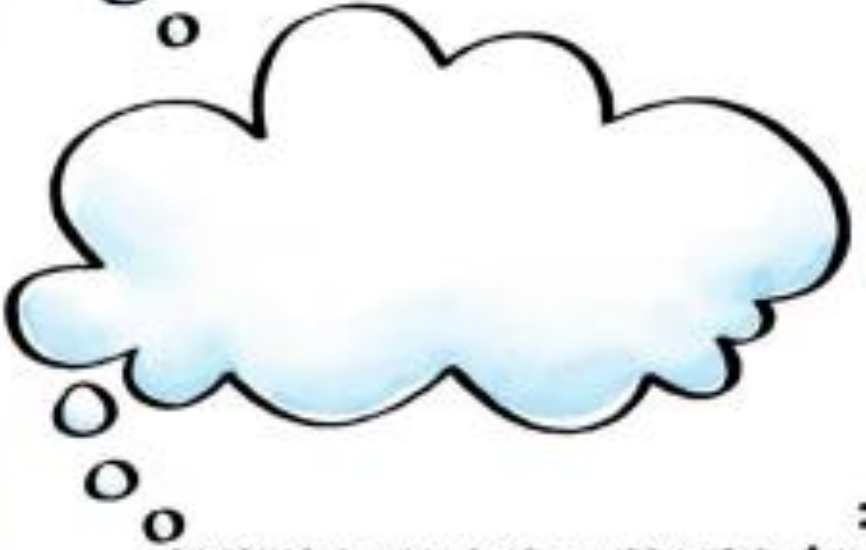
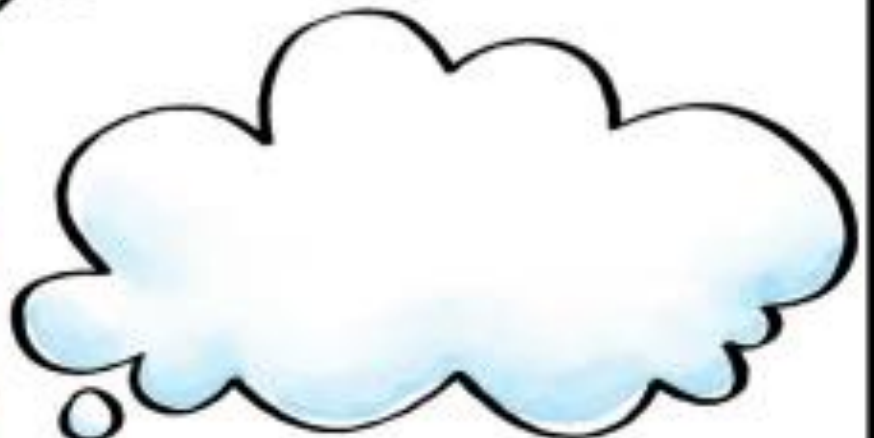


i feel
ANXIOUS
when...



i feel
CALM
when...



When I feel anxious, I can...

Circle your favorite calm down strategies.

