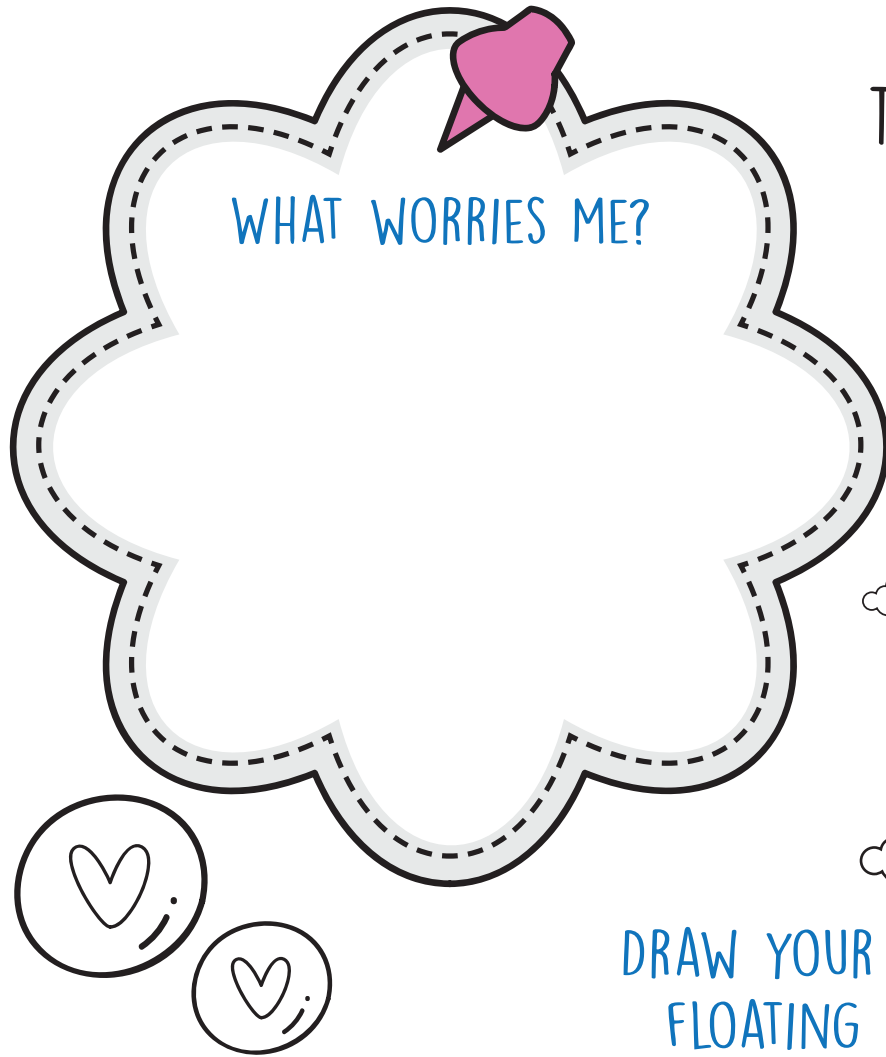
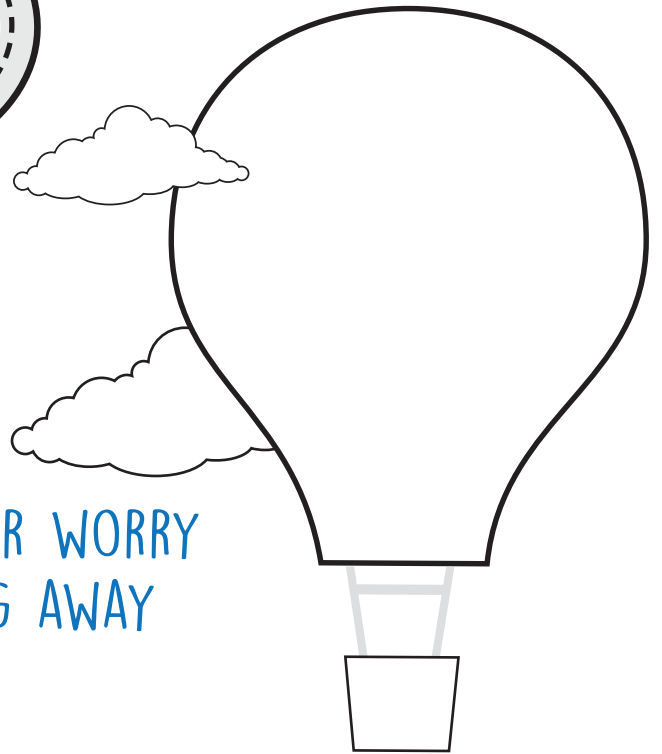


# DON'T WORRY ABOUT IT!

#WellbeingWednesday



TALKING TO OTHERS  
CAN HELP WITH  
YOUR WORRIES



DRAW YOUR WORRY  
FLOATING AWAY

HOW DO I FEEL TODAY?

