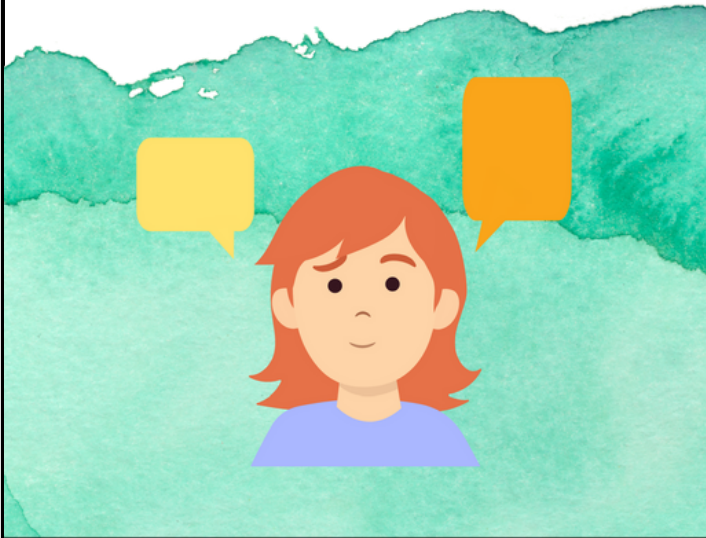




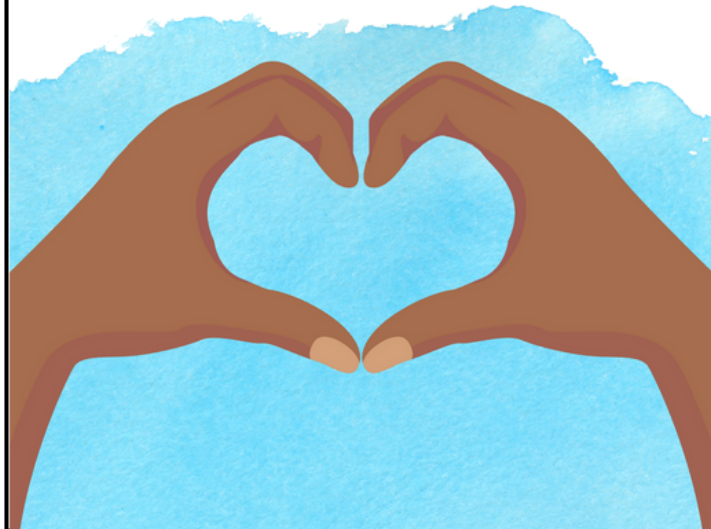
Ii
Identify
emotions



Jj
Journal



Kk
Be kind
to myself



Ll
Listen to
music





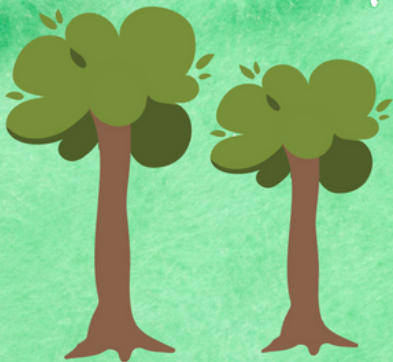
Mm
Move my
body



Nn
Challenge
negative thoughts



Oo
Go out to
enjoy nature



Pp
Puzzle

