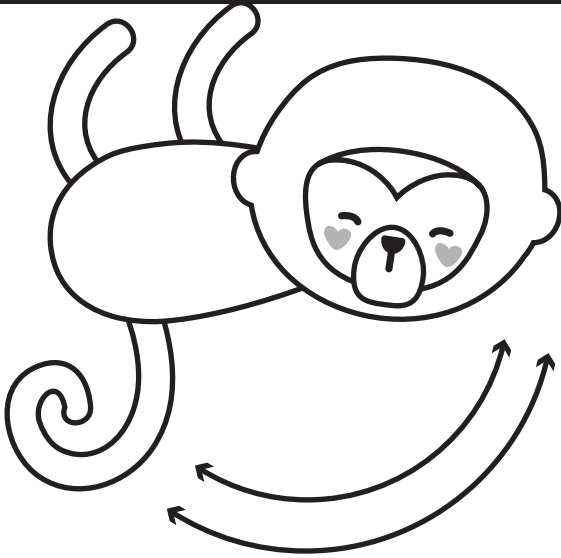


BE KIND TO YOURSELF

LEARN TO BE KIND WITH YOUR FEELS

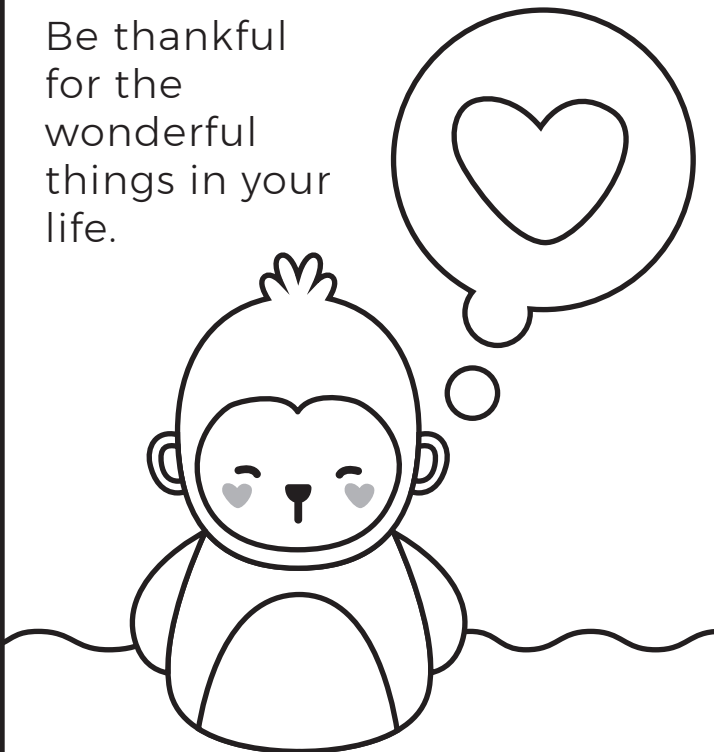


Make time to do things you enjoy and play outside in the sun.

Expressing and sharing your feelings.



Be thankful for the wonderful things in your life.



Take a time out to relax and breathe when you need it.

