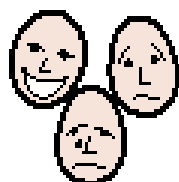


F

F



feelings

r

r



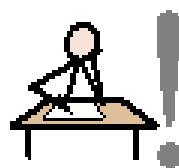
relax

i

i



I can



try

e

e



explore



what

can



I

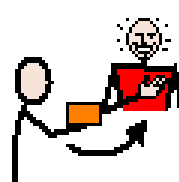
do?

n

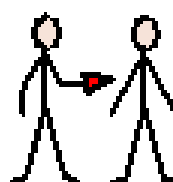
n



now



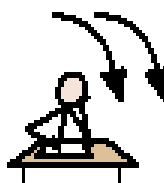
reward



yourself

d

d

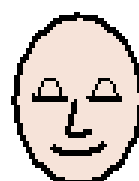


do

practise

s

s



stay

calm