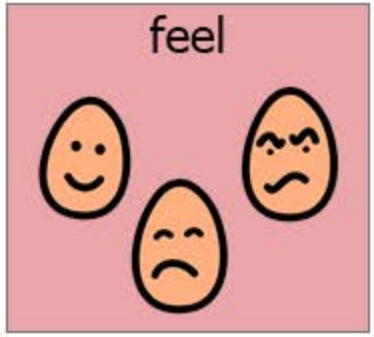
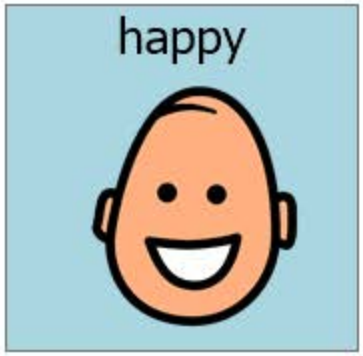
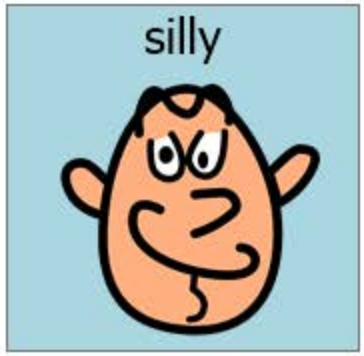

I


feel


happy


silly

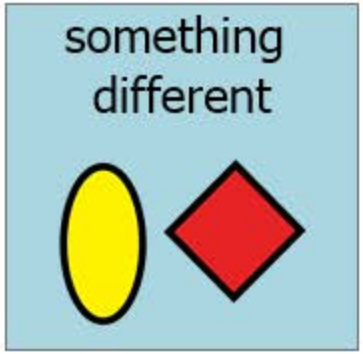

frustrated

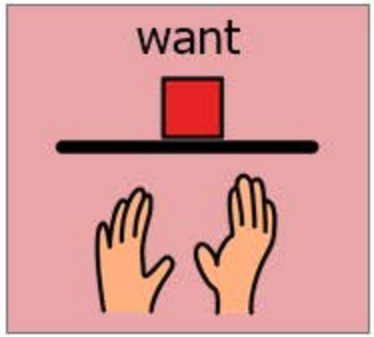

hurt


sad


afraid


sick


something
different



to take a break

to go for a walk

to drink some water

to take deep breaths

to count to ten

to be alone