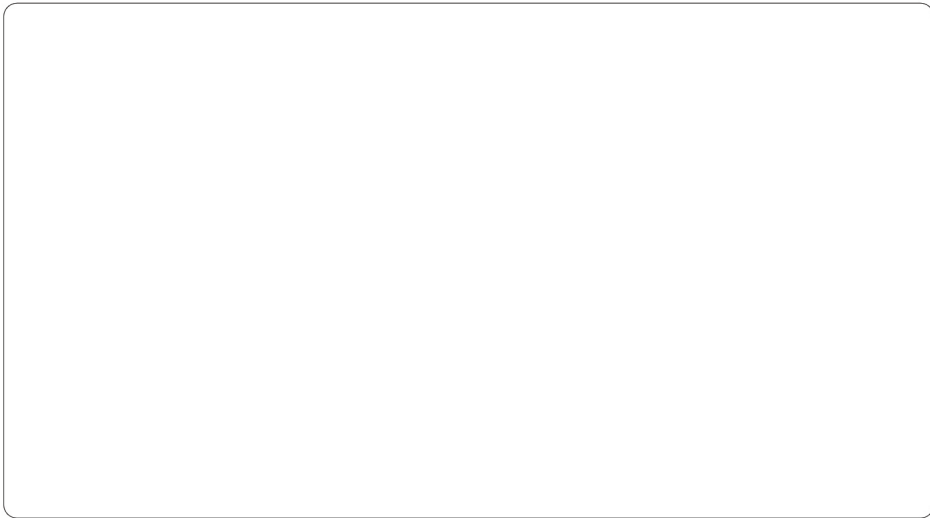




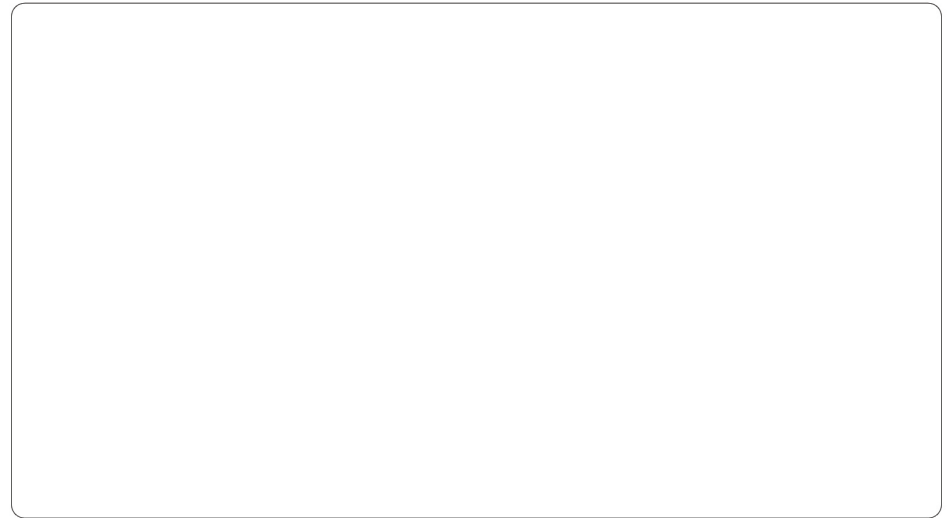
1. Take a deep breath

Draw yourself taking a few deep breaths.

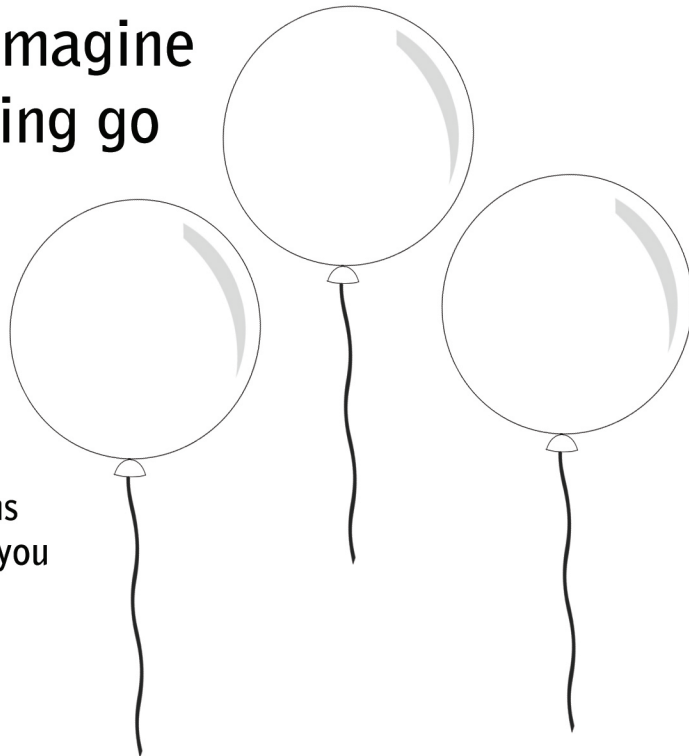


3. Invite gratitude

Draw something you are grateful to have.



2. Imagine letting go



Color the balloons that will remind you of your worries floating up towards the sky.



4. Schedule some time for your spots

Draw yourself putting a worry in your worry jar.

