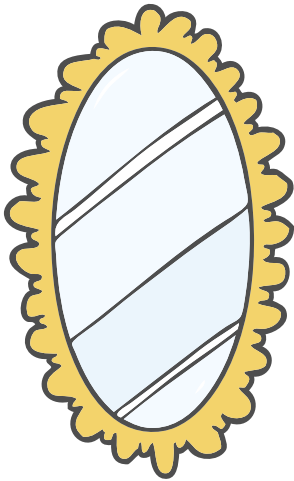


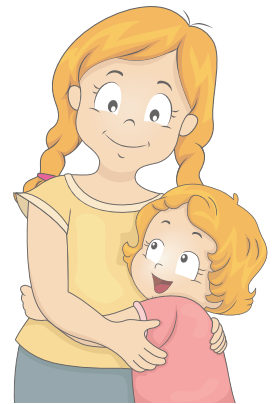
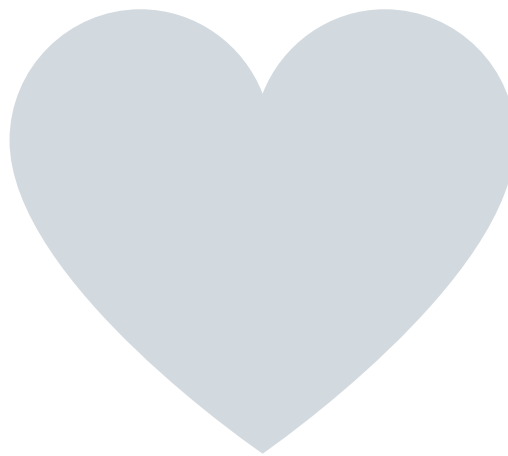
MY COPING GUIDE



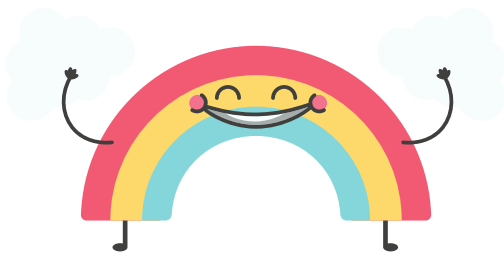
Something kind I can say to myself :

People who support me...

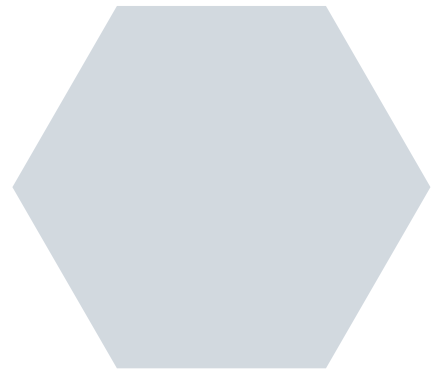
breathe



Breathe in like a flower closing its petals, breathe out as if opening out the petals into the sunshine



What makes me smile or laugh?



My top 3 coping tools...

