

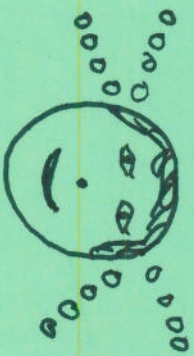
How to Deal with My Feelings

By: _____

Get Your Feelings Out!

R-E-L-A-X
.....

Give Yourself a
PEP Talk



Be Healthy:

Use Distraction