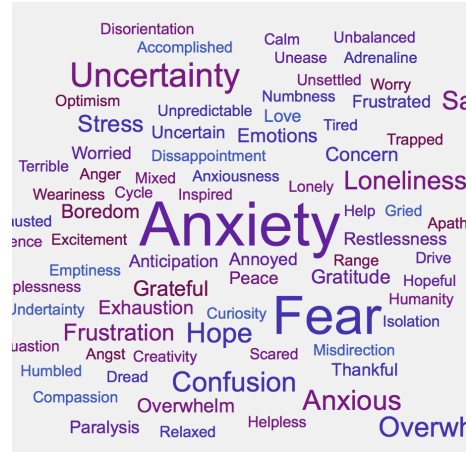
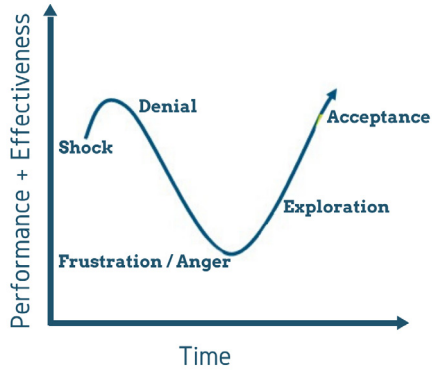


# 3 THINGS TO TRY THIS MONTH



No. 1 Where am I? Name your emotion(s).

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What do I need today?

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No. 2 What are 3 tools I want to use to help manage my stress + anxiety?

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No. 3 What are 3 ways I can live in community with others?

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