

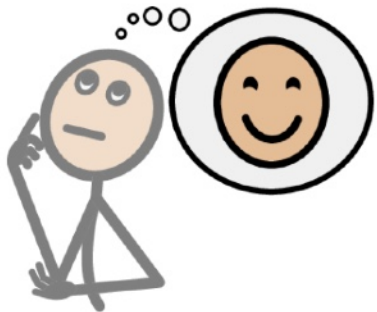
WHEN I FEEL

sad



I CAN

think happy thoughts



talk to someone



exercise



do something I enjoy

