

Sip some warm tea

Challenge your mind



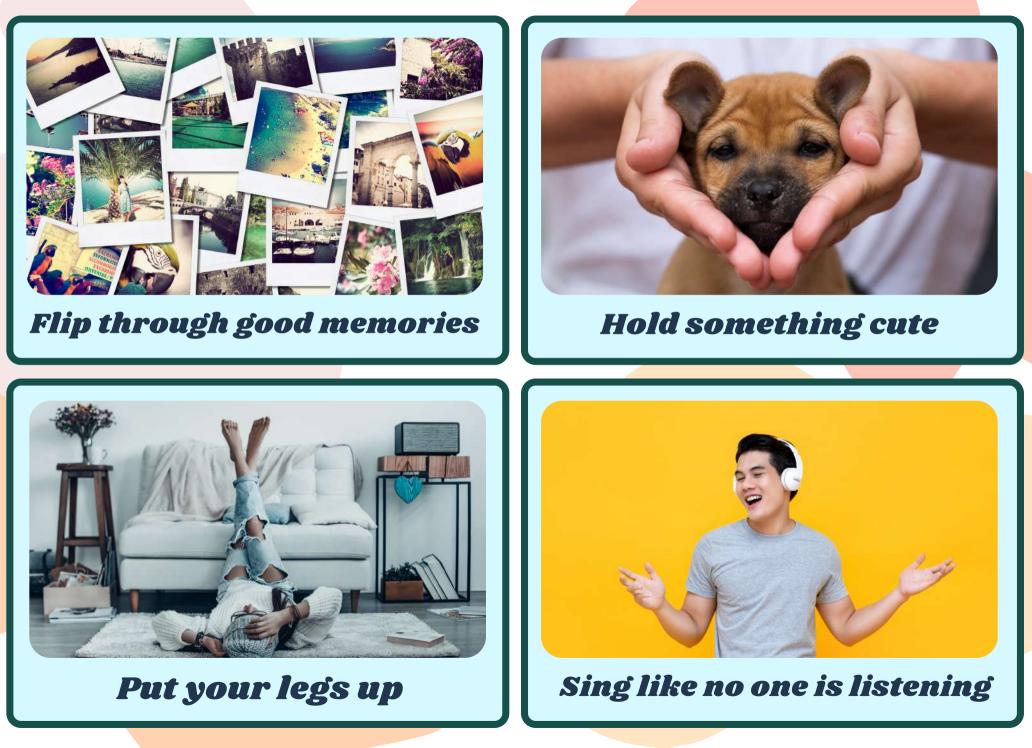
Stretch out in grass



Run some steps





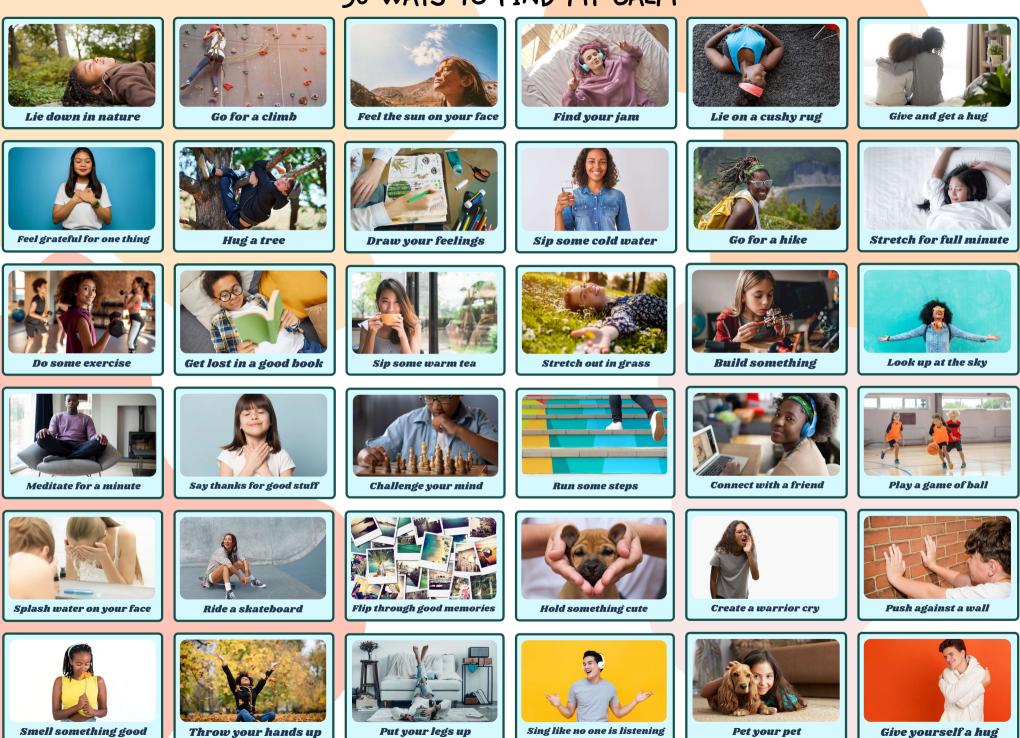




DATE:_____

WRITE IT OUT
WHAT ARE YOU FEELING RIGHT NOW? WHERE ARE YOU FEELING IT?
WHEN YOU'RE FEELING LIKE THIS, WHAT HELPS YOU?
REMIND YOURSELF, WHATEVER YOU'RE FEELING IS OKAY. ALL FEELINGS ARE OKAY.

36 WAYS TO FIND MY CALM



Sharing the 🕈

Gözon!

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2. Please don't post these resources directly to your own website or on your own portal. Share our page instead (see #1). Thank you!

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