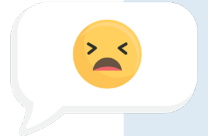
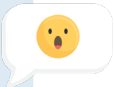


WORKING ON YOUR EMOTIONS



If I find myself in a situation that makes me anxious,
I step back and consider the bigger picture.



I know that I can get overwhelmed by emotions
and feel out of balance, as if an earthquake had hit.



I stop and take the time to think about the strategies
I can use to calm down.



I CAN FOCUS ON INTERNAL FACTORS.

(breathing, relaxing, talking to my inner voice,
acknowledging and naming my emotions)



I CAN ALSO FOCUS ON EXTERNAL FACTORS.

(talking to someone, listening to music,
getting some fresh air)

