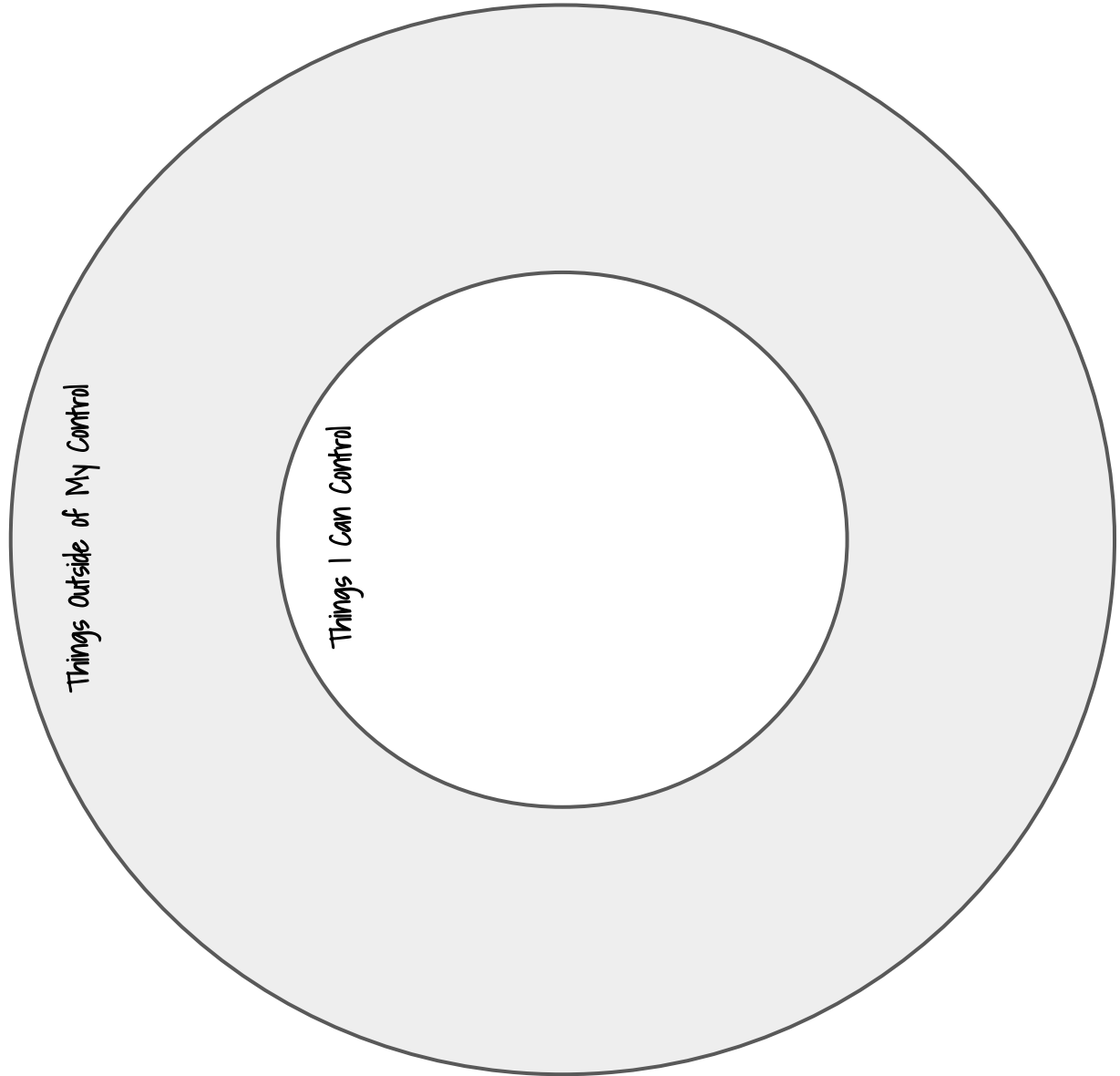


What's on My Mind?

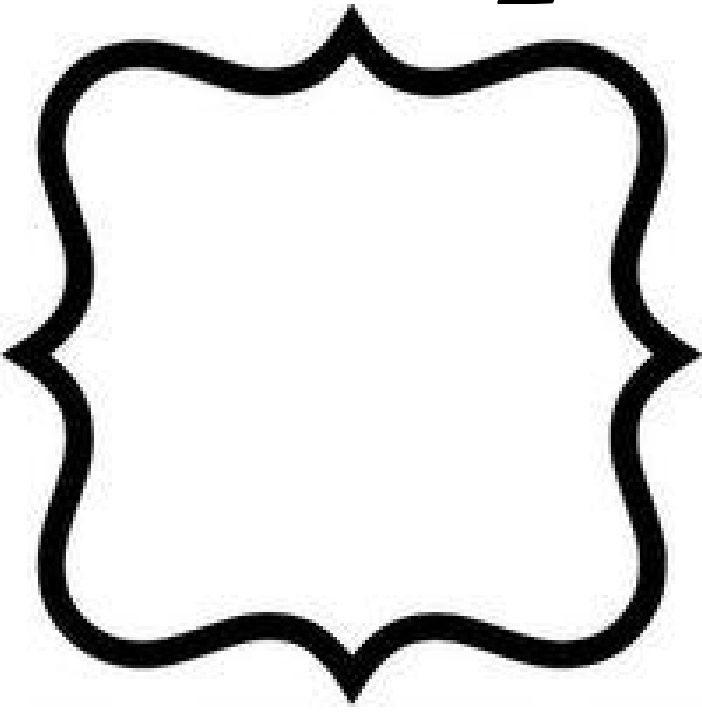


What's in My Control?

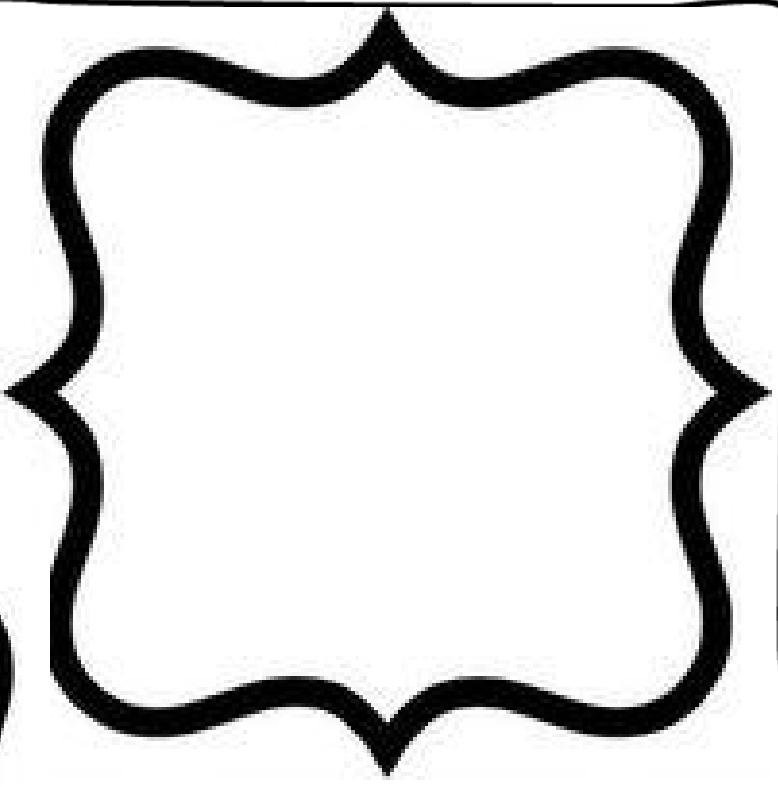


What's in the Mirror?

How I See Me



How Others
See Me



What Can I Do to Help?

Mind

If I could make my anxiety or stress disappear, my life would look like.....

People who could help me take care of myself include...

Body

When I find myself starting to feel anxious or stressed, I'm going to try....