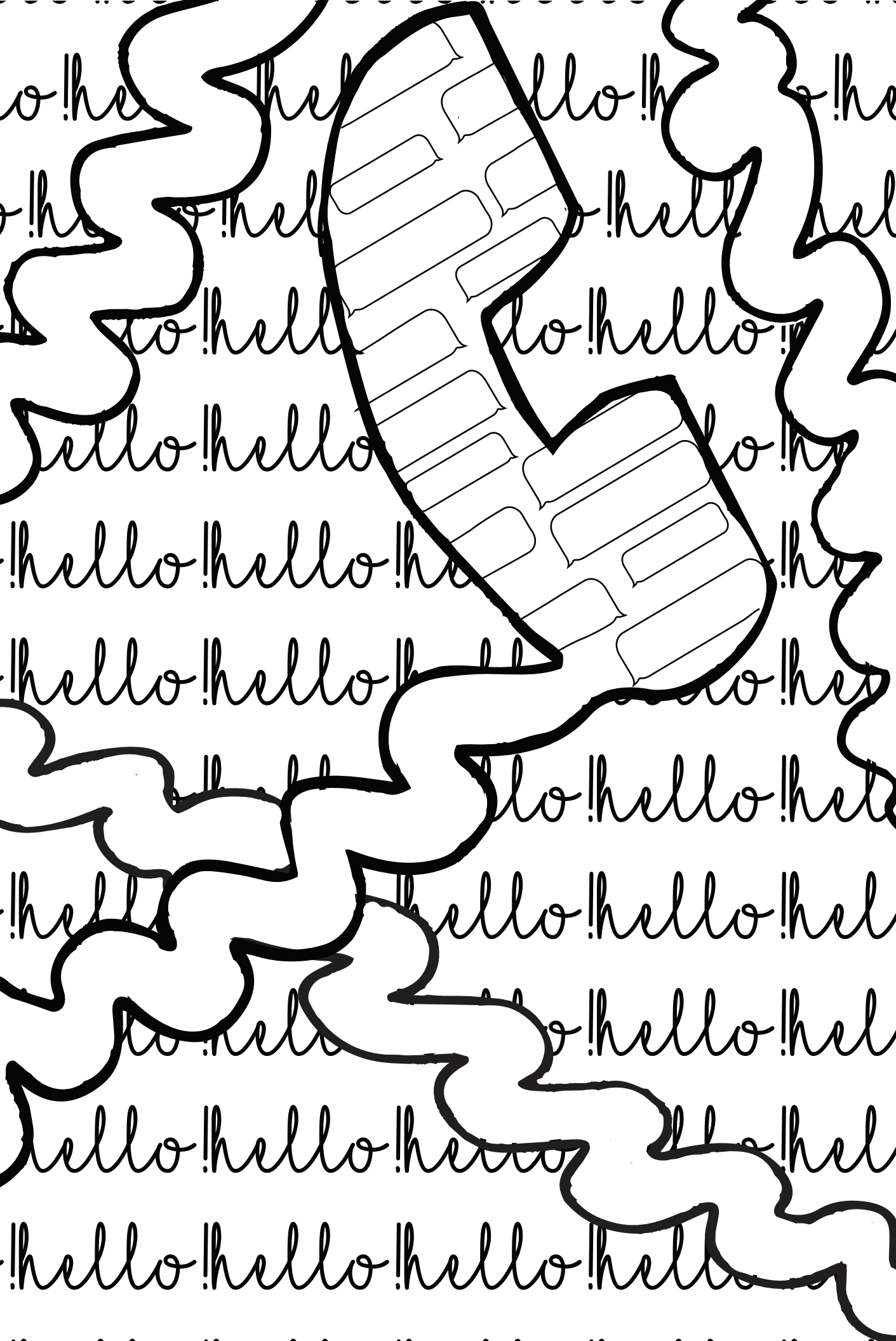




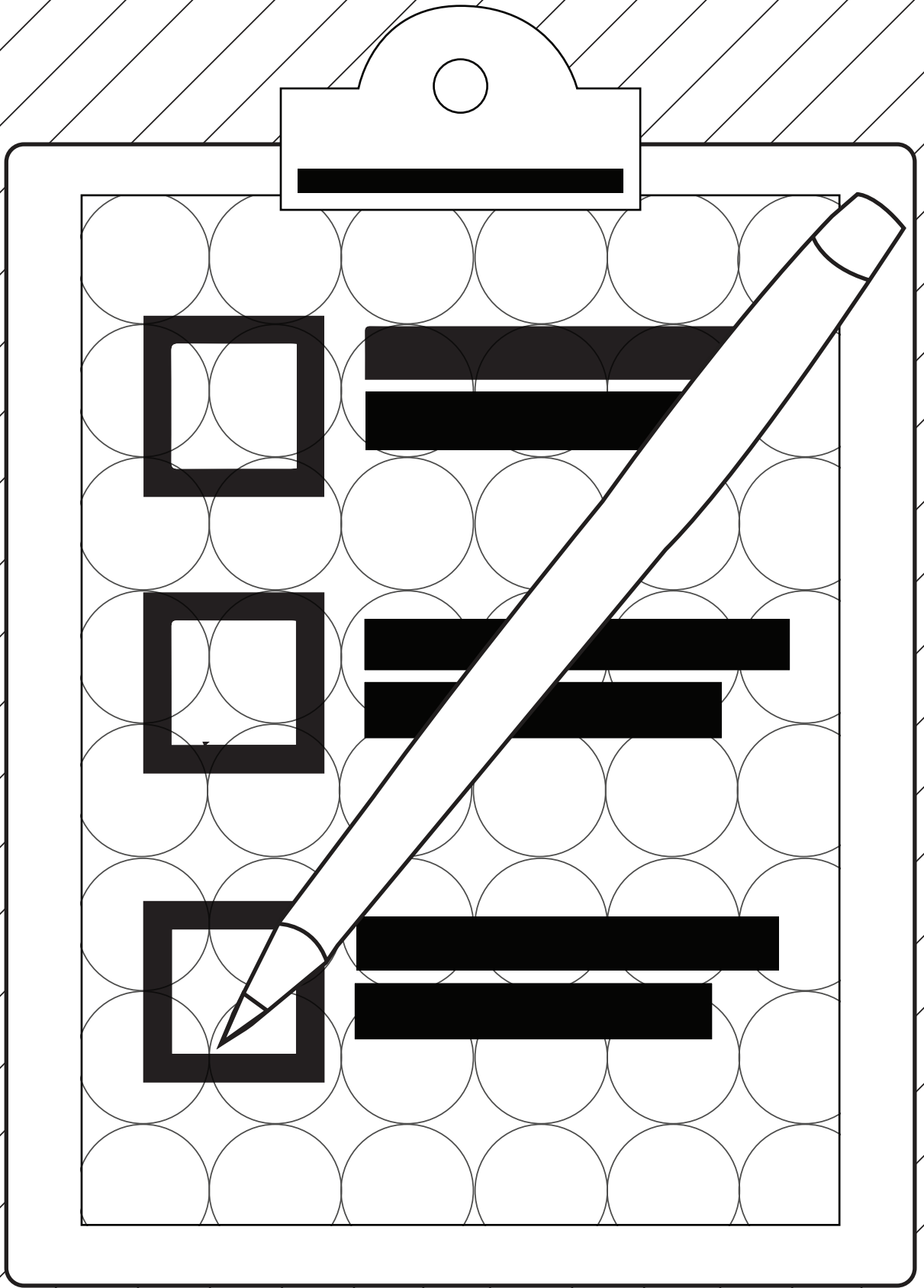
**just reach out**

## **let's call a FRIEND**

calling a friend and just sharing about your day can be a great way to control some of your anxieties. Expressing how your feeling to those who love you can have a great impact in your life!







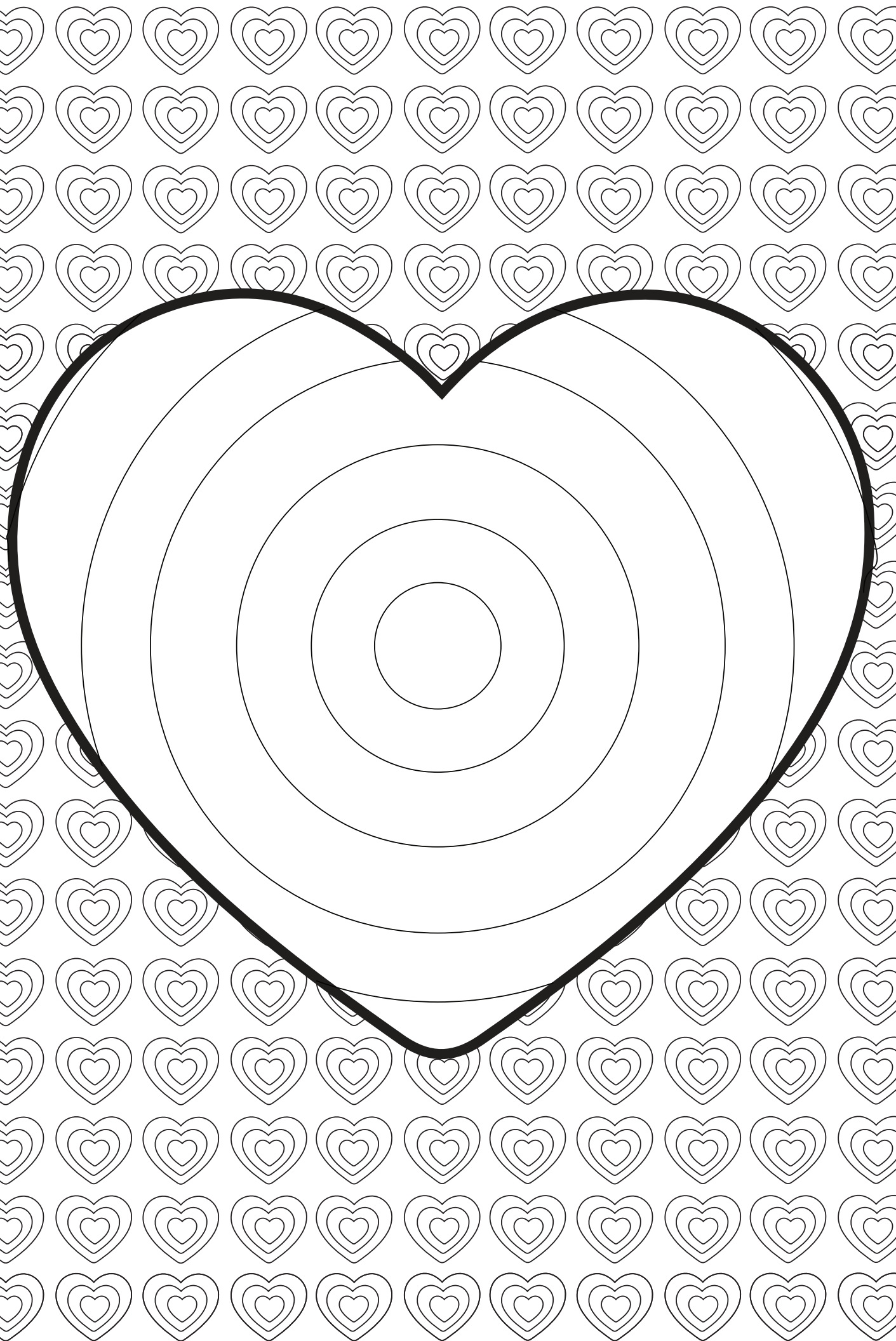


**just show love**



**lets love ourselves!**

You are smart, beautiful, & cool. You better remember that!





**just jam out**

**Instead of jamming up,  
jam out!**

Sometimes life can get too hectic. Play some of your favorite music to help you feel good and get a good vibe going!

