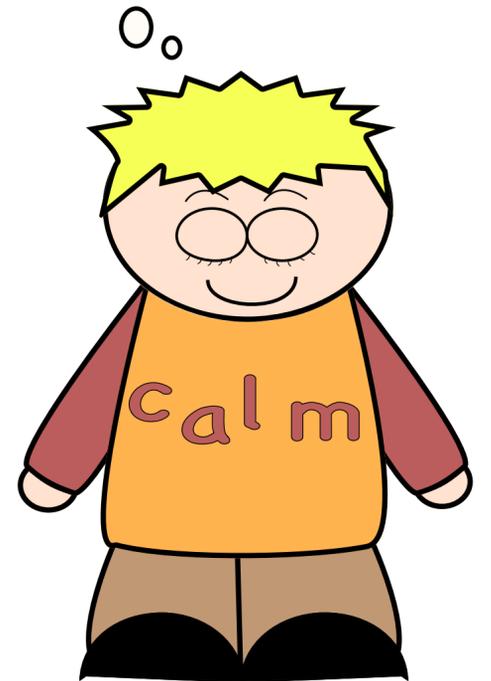


**If you are
feeling
anxious or
angry,
think...**

Calm

Catch

**your breath and use
slow deep breathing.**



Activity

use up the extra energy.

Let

your anger or anxiety go.

mind

full of positive thoughts.