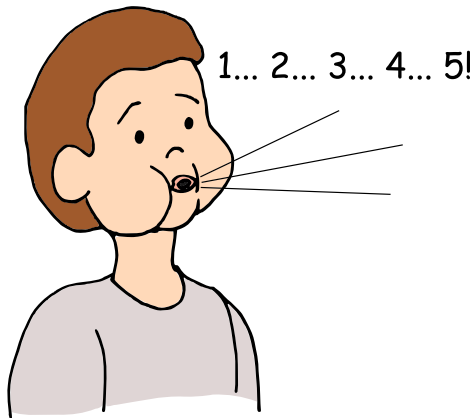


# When I Am

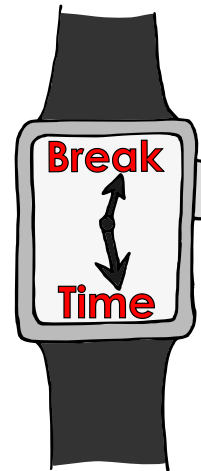


Frustrated

# I Can



Take Deep Breaths



Take a Break



Ask for Help