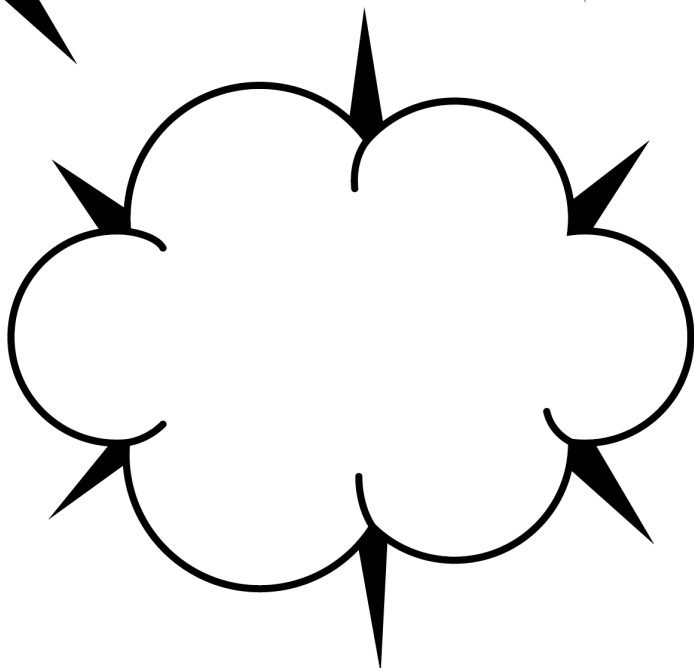
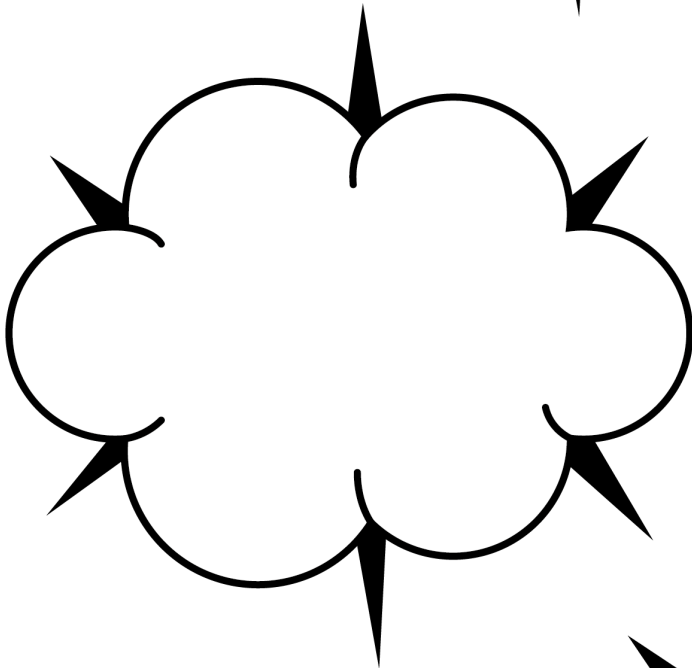
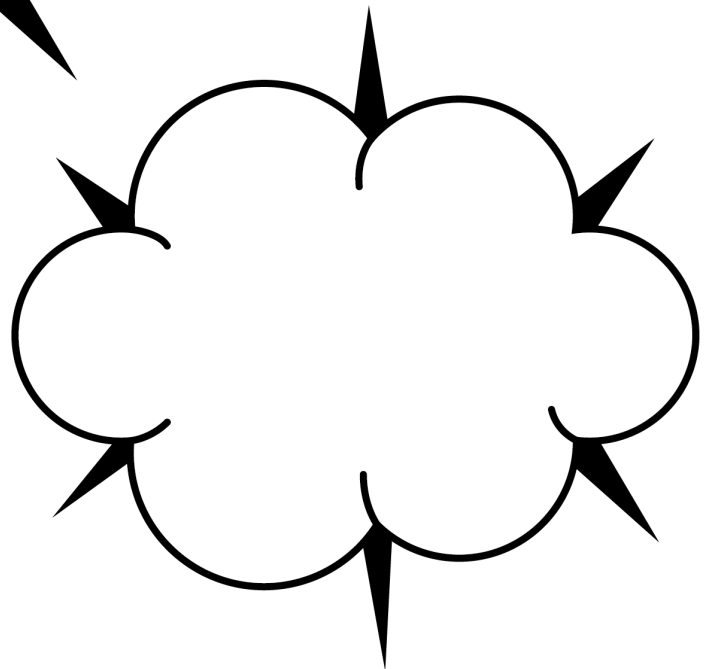
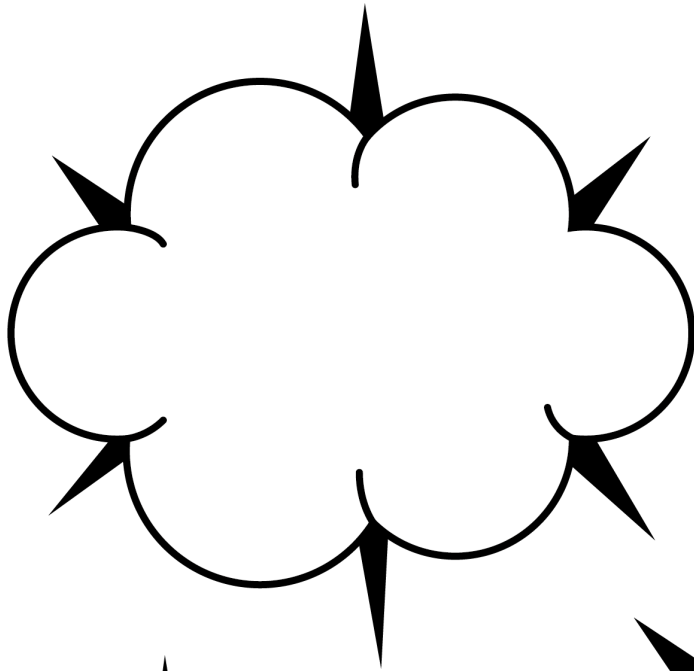
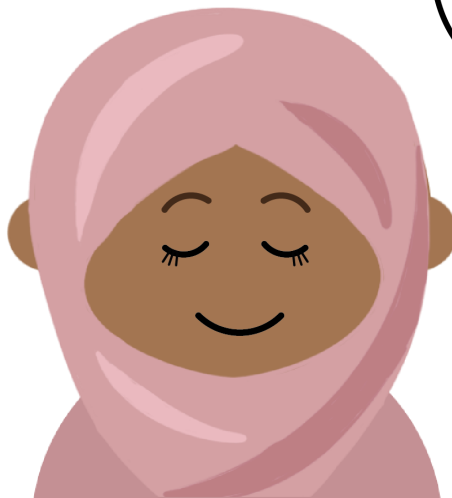
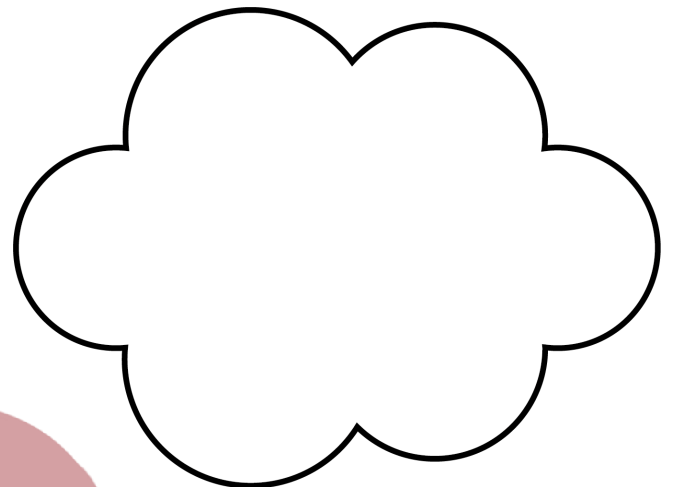
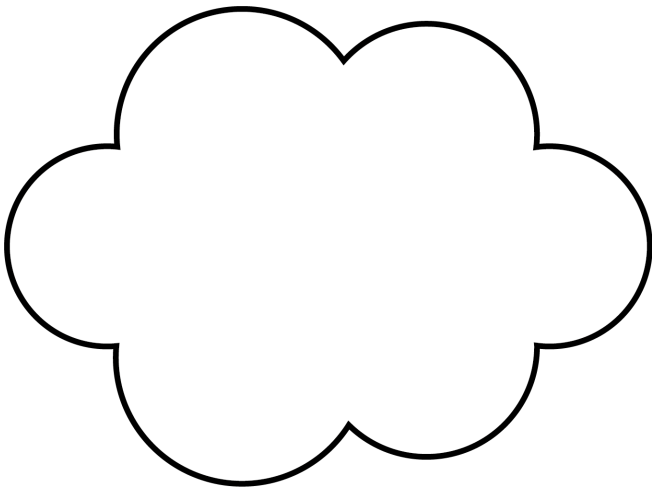
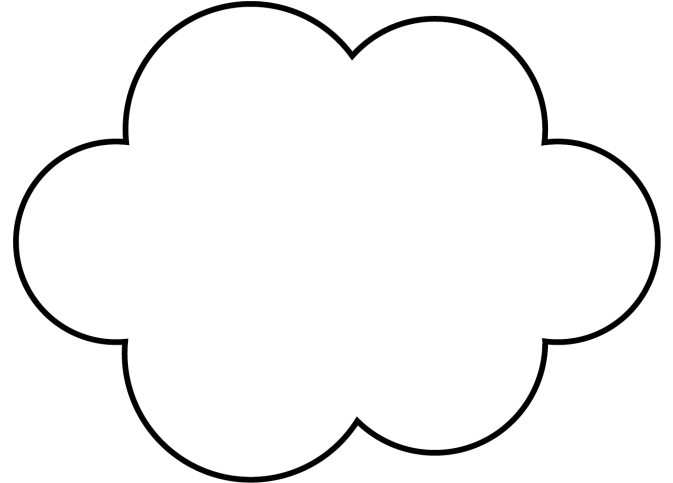
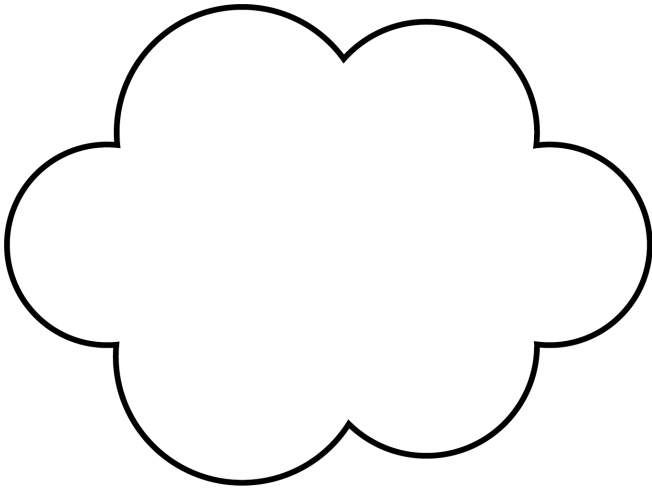


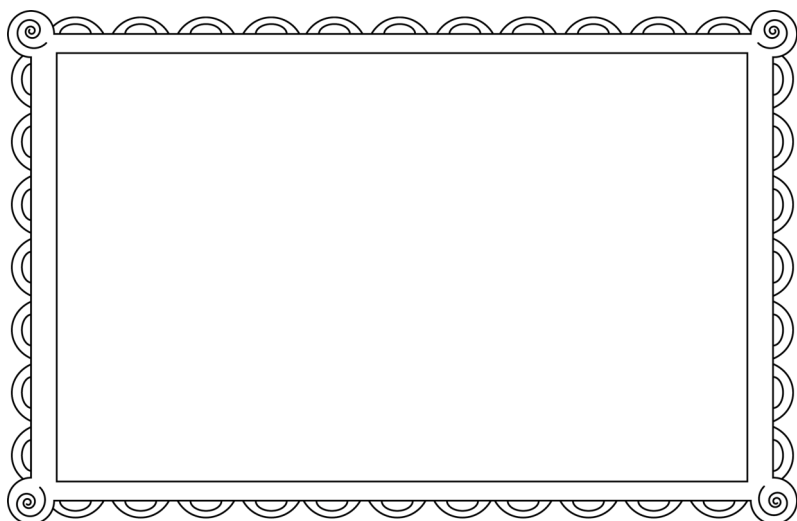
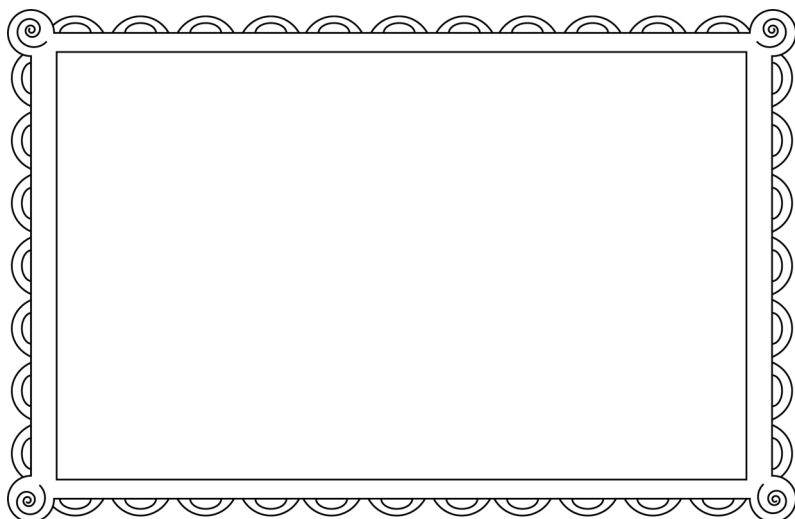
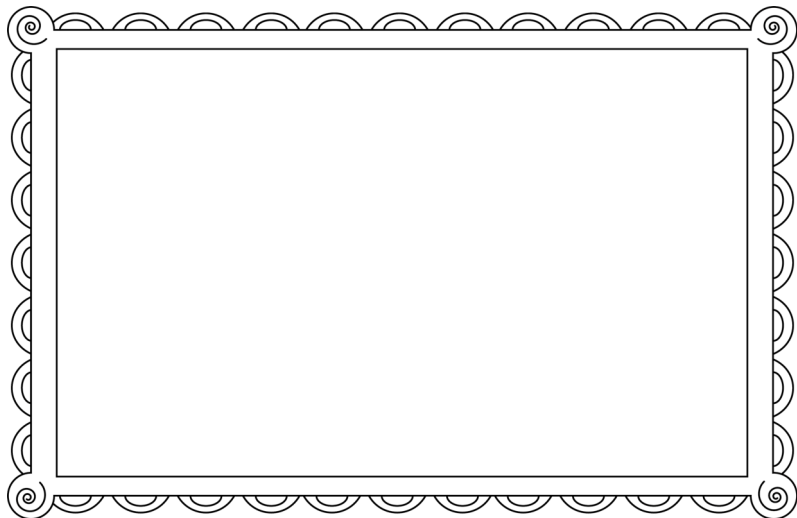
My triggers



Things that make me calm



Ways I can help others



Let's reflect

My mindfulness script

