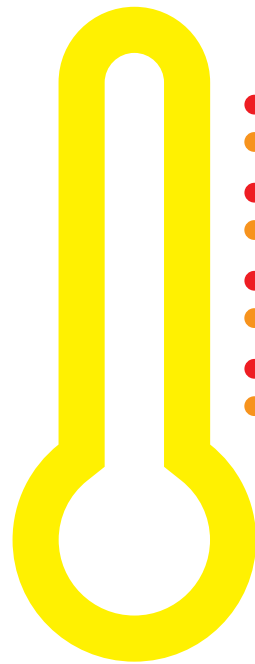
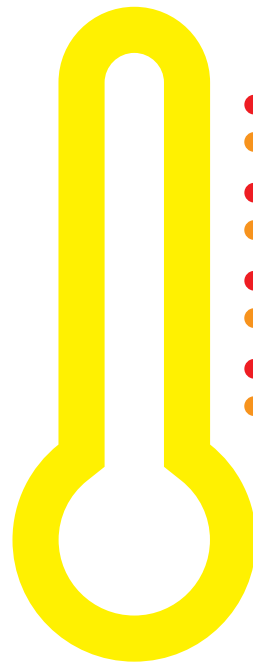


GAUGE YOUR TEMPERATURE

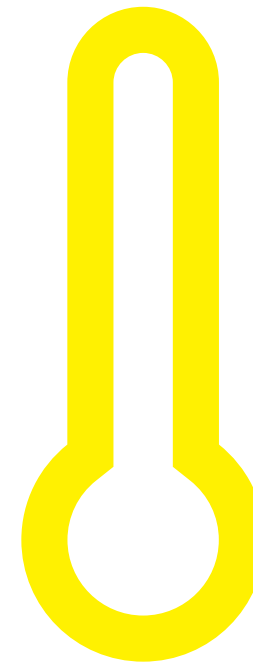
MARK ON THE THERMOMETER HOW YOU ARE FEELING BELOW.



ANXIETY



JOY



SADNESS

1. WHAT THINGS ARE CAUSING ME ANXIETY?
2. WHAT COULD I PUT IN PLACE TO HELP MY ANXIETY?
3. NAME 3 THINGS THAT ARE CAUSING ME JOY
4. WHO CAN I SPEAK TO ABOUT FEELING SAD?