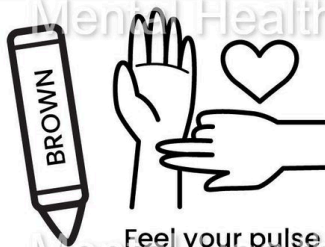


Tense and relax your muscles



Feel your pulse



Think of 3 things you are thankful for



write in a journal



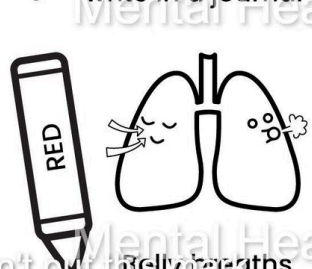
Talk back to protect your rights



Use positive self-talk



Ignore negative people



Belly breaths