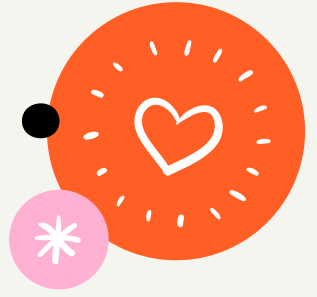


FEELING SAD? TRY THIS . . .



TALK about it with someone you trust

WRITE in a journal or diary

DRAW or paint how you feel



BREATHE slowly and deeply



LISTEN to music

DANCE or sing

RUN, bike, or skateboard



PLAY a sport

PET an animal



THINK about someone you love



Allow yourself to **CRY**

