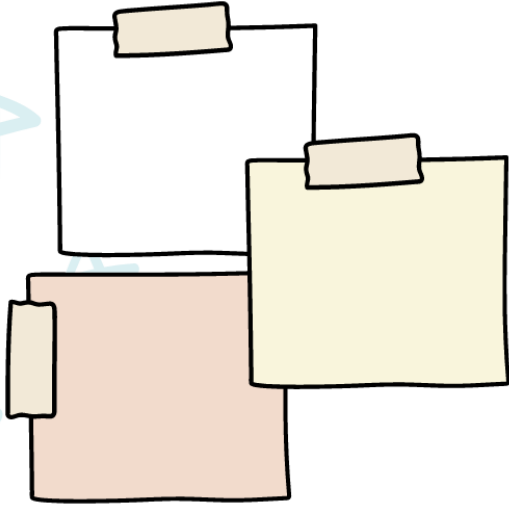
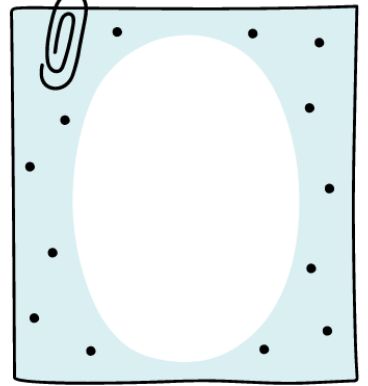


Looking after my Mental Health

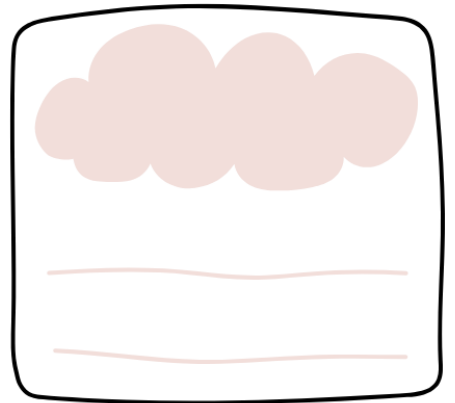
3 people I talked to today



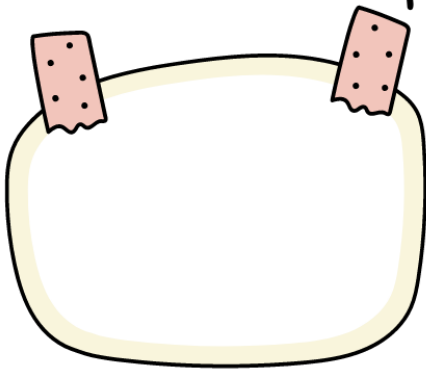
This is me



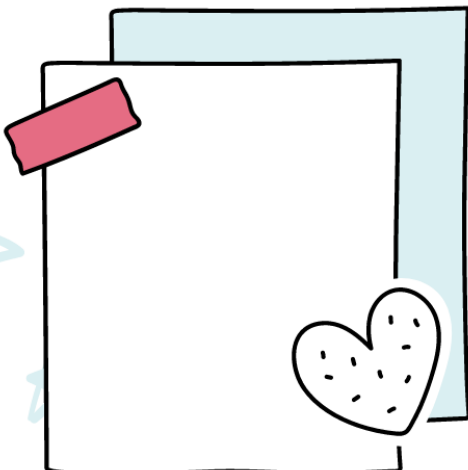
Something I am grateful for



This makes me happy



Something I look forward to



This is how I relax

