

WHEN & THEN



What practical things can we do to help our feelings or stress or worry?

When

I panic about the future, I feel overwhelmed





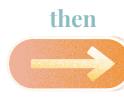
Better Thoughts

I can handle whatever the outcome is.



Try mindfulness, look at my sleep and plan chill out time

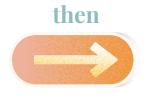
When



Better Thoughts



When



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When



Better Thoughts

