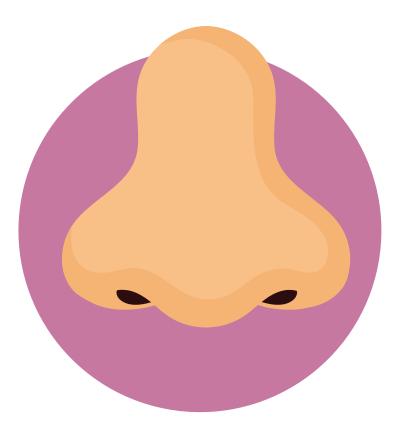


WHAT ARE THREE THINGS YOU HEAR?





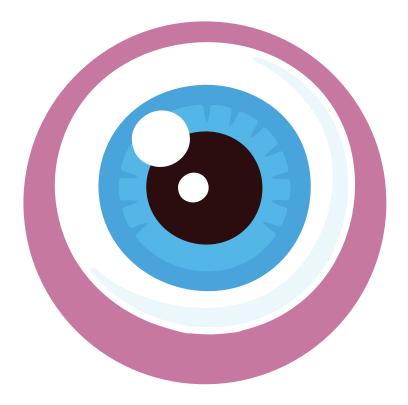
WHAT ARE TWO THINGS YOU CAN SMELL?





HEALTHY COPING

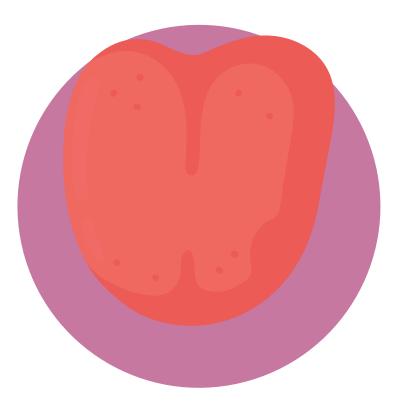
WHAT ARE FIVE THINGS YOU SEE AROUND YOU?







WHAT IS ONE THING YOU CAN TASTE?



WHAT ARE FOUR THINGS YOU CAN FEEL AROUND YOU?

