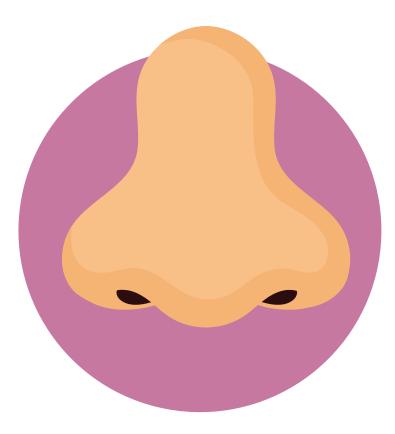
# 

## WHAT ARE THREE THINGS YOU HEAR?





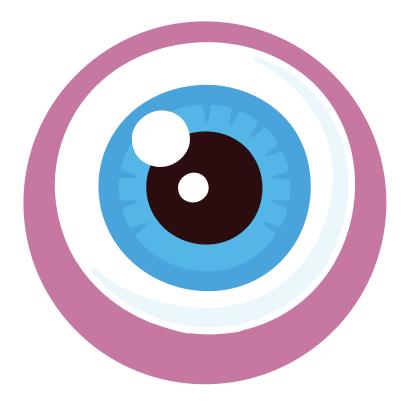
### WHAT ARE TWO THINGS YOU CAN SMELL?





HEALTHY COPING

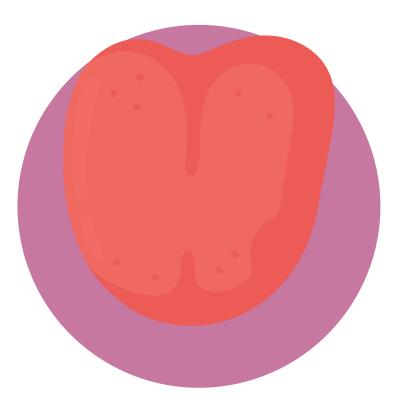
#### WHAT ARE FIVE THINGS YOU SEE AROUND YOU?







### WHAT IS ONE THING YOU CAN TASTE?



# 

### WHAT ARE FOUR THINGS YOU CAN FEEL AROUND YOU?

