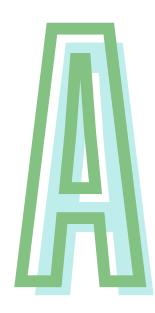
ARE YOU STARTING TO FEEL WORRIED?

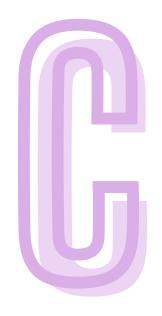
REMEMBER TO USE YOUR "FACE"



Focus on what is in your control



Acknowledge your thoughts and feelings



Come back into your body



Engage in what you are doing





TAKEN FROM "THE HAPPINESS TRAP" - RUSS HARRIS

LESLEY WILLIAMS-COLE - EDUCATION MENTAL HEALTH PRACTITIONER