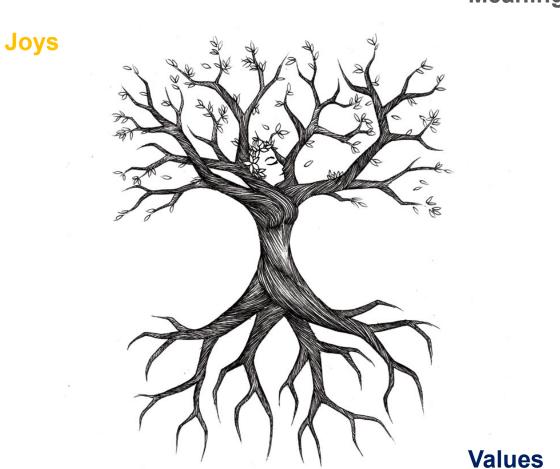
Managing Stress





Meaning

Emotional Safety Plan

- 1.
- 2.
- 3.
- 4. 5.