

Coping strategies

Things coming up in the next few weeks months

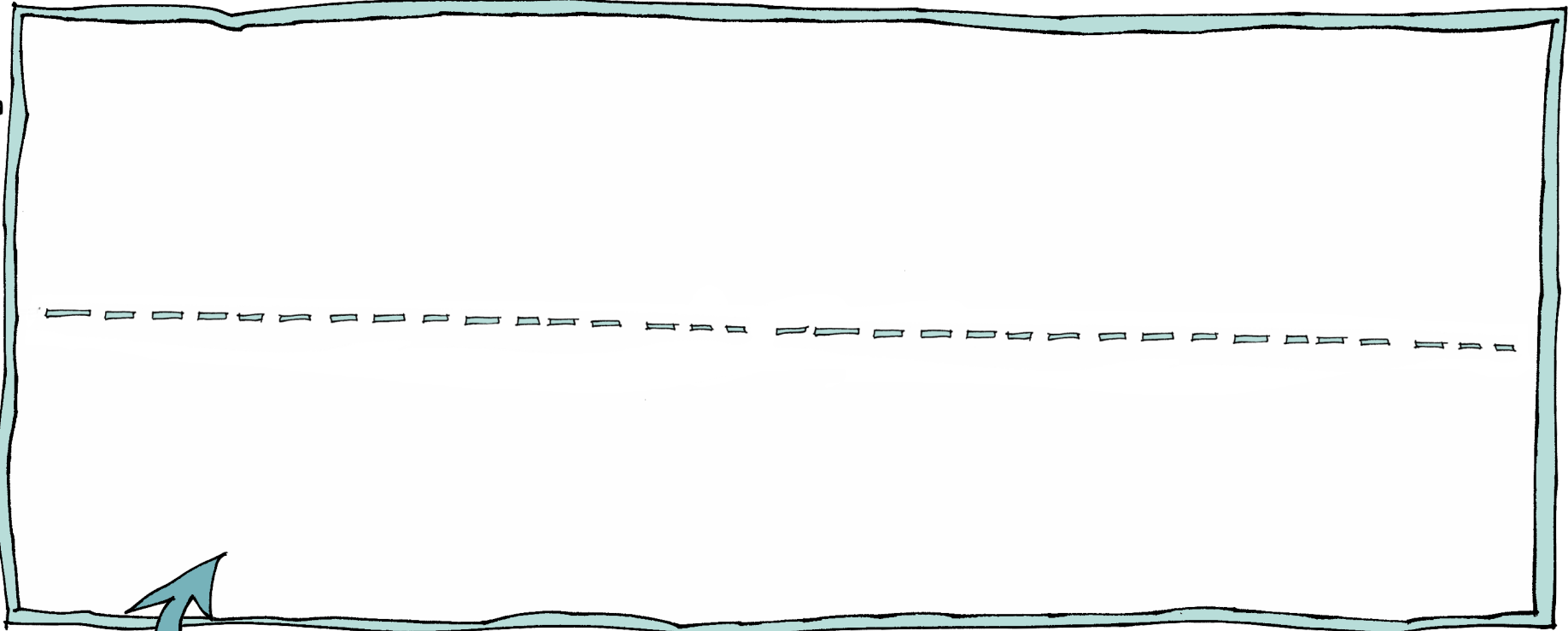
NO PROBLEM 😊



NOT SURE 😐



WORRIED 😟



PLOT THINGS ON THE CHART

WHAT CAN I DO TO MOVE THINGS I'M WORRIED ABOUT UP?

WHAT CAN OTHERS DO TO HELP?