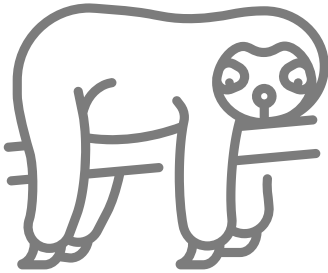
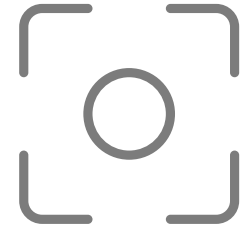


stress LESS list



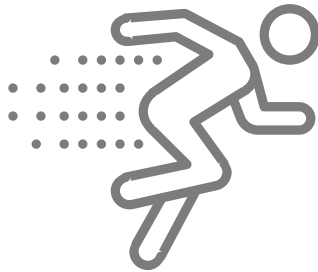
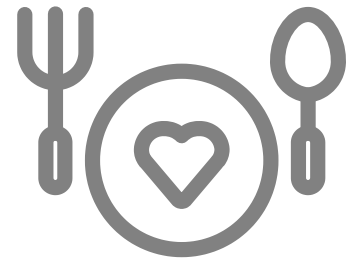
take deep breaths

focus: can control



slow down

eat mindfully



move your body

make a list



get enough sleep

EMPOWERFUL *girls*