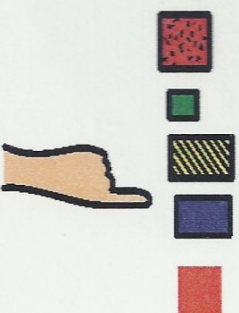


Grades 6-8: How to Help Yourself Feel Better



Notice that you
feel uncomfortable.



Choose a way to help
yourself feel better.



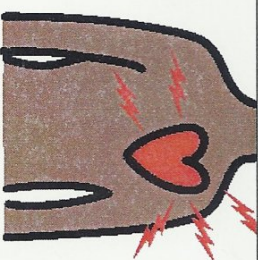
Do it.



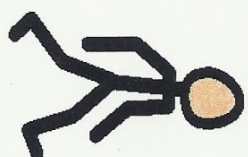
Ask
to
talk.



Think positive
thoughts.



Try heart breathing.



Move on.

and