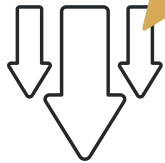


BEE CALM

FEELING CARDS

OVERWHELMED

Reduce the Load.



**Reduce
Demands**



One Small Step



Take a Break



Deep Breaths



Quiet Space



Drink Water



Ask for Help



Set a Timer



Stretch