

CLEAR YOUR MIND

Allow yourself to feel your emotions

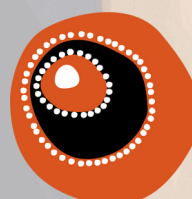
Practice breathing to feel calm

Take a step back to clear your head

Talk to your safe person

Sometimes our minds get foggy, here are some ways to clear your mind.

Spend time alone, have ME time



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STAY
STRONG