



LIVE YOUR WHY

Afterschool Edition



Try free-writing or journaling when you are feeling stressed or overwhelmed by your emotions.



You can also draw, doodle, scribble, or whatever helps you express your feelings.



What difficulties do you notice (if any) about writing or expressing yourself when you are feeling stressed and overwhelmed?



How do you get through those difficulties?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy