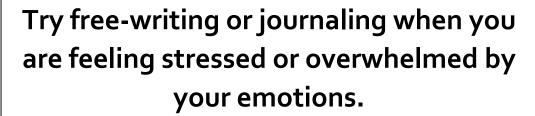


LIVE YOUR WHY

Afterschool Edition





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?



