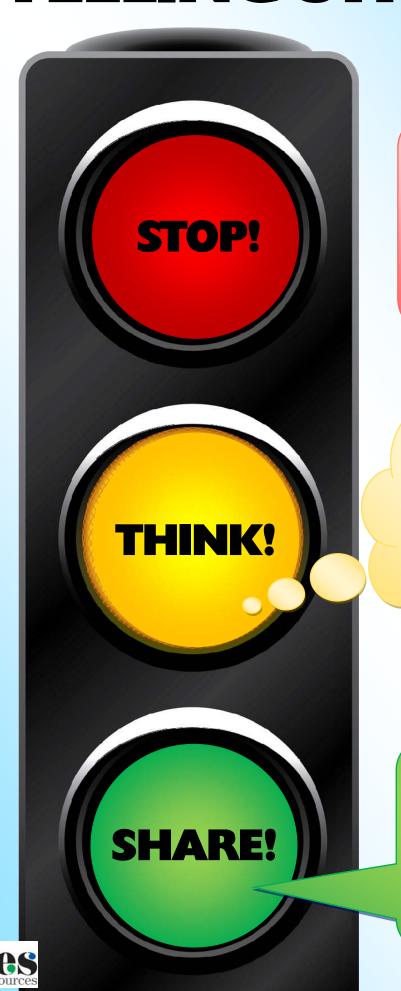
FEELING STRESSED?



Count to 10, take deep breaths and try to calm down.

Why do you feel like this?
What has upset you?

Speak to a person you trust about the issue.