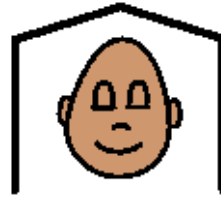




What to Do When I Am Frightened or Worried

1. Go to a safe place



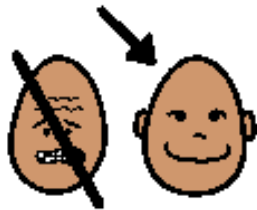
2. Take a deep breath



3. Count to 10



4. Relax



5. Pray

