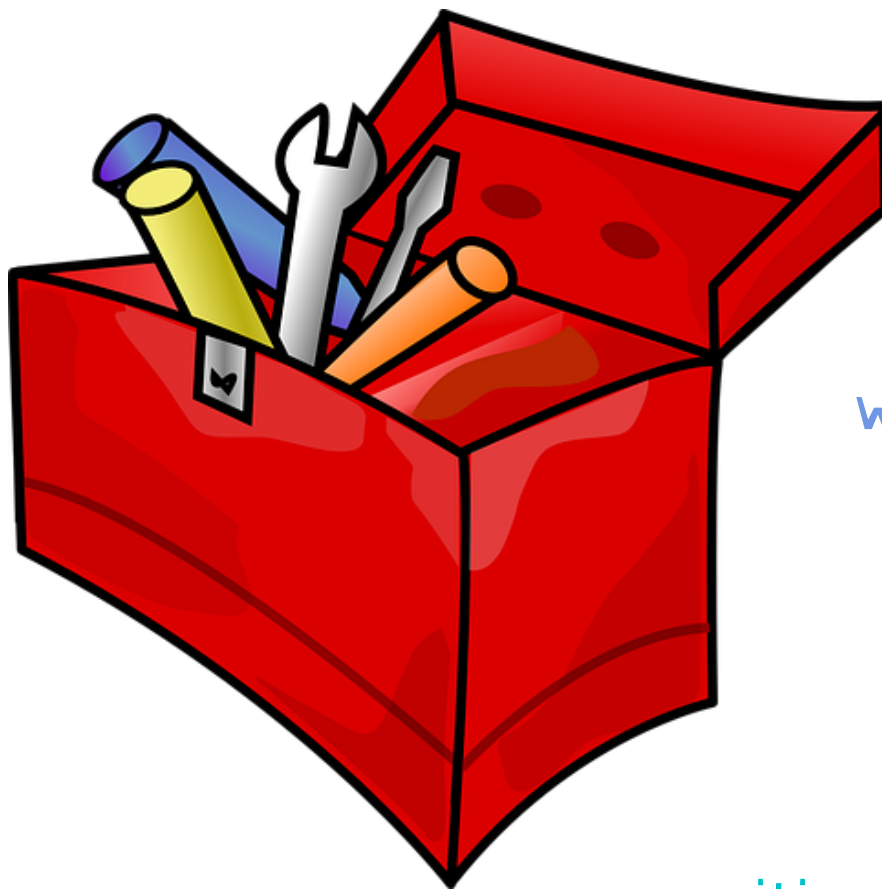


19: What's In Your Toolkit?

what I can
control

breathing
techniques

exercise



ways to
relax

helping
hand

positive self-
talk

dealing with
unhelpful thoughts

grounding