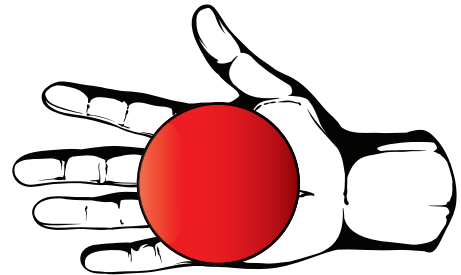
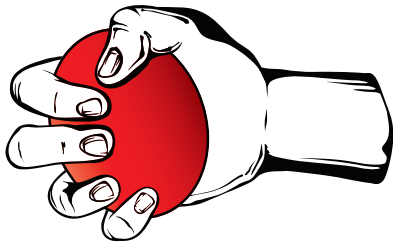




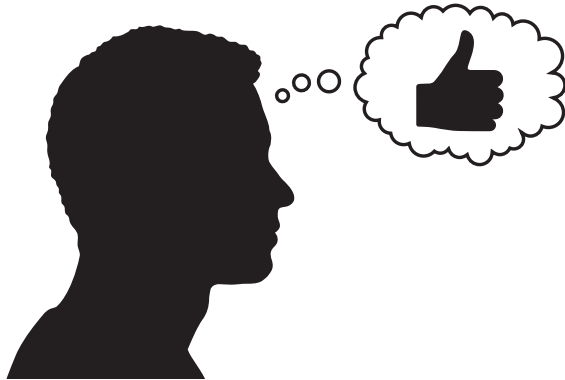
Station 1

- 1 Squeeze the ball for 3 seconds.
- 2 Release the ball and any tension.



Station 2

- 1 Think a good thought.



Station 3

- 1 Smell the flower [pinwheel].
- 2 Blow the flower [pinwheel].





Station 4

1 Try a few stretches

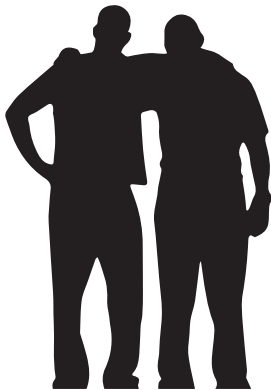


2 How do you feel?

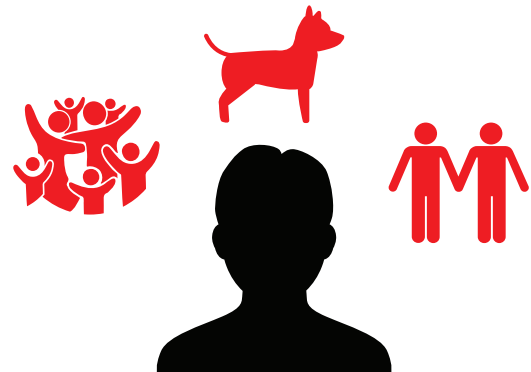


Station 5

1 Support others



2 Seek support from others



Station 6

1 Pick the strategies you like



2 Use the strategies in everyday life

