## Coping Thoughts for Chriety

Imagine your favorite place and breathe slowly.



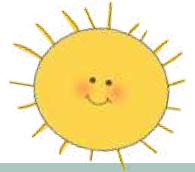
I am strong and I am brave.



what is the worst that could happen?
How likely is that?



Take a walkoutside or around the school



I have done this before, I can do it



This is just anxiety. It will pass.

