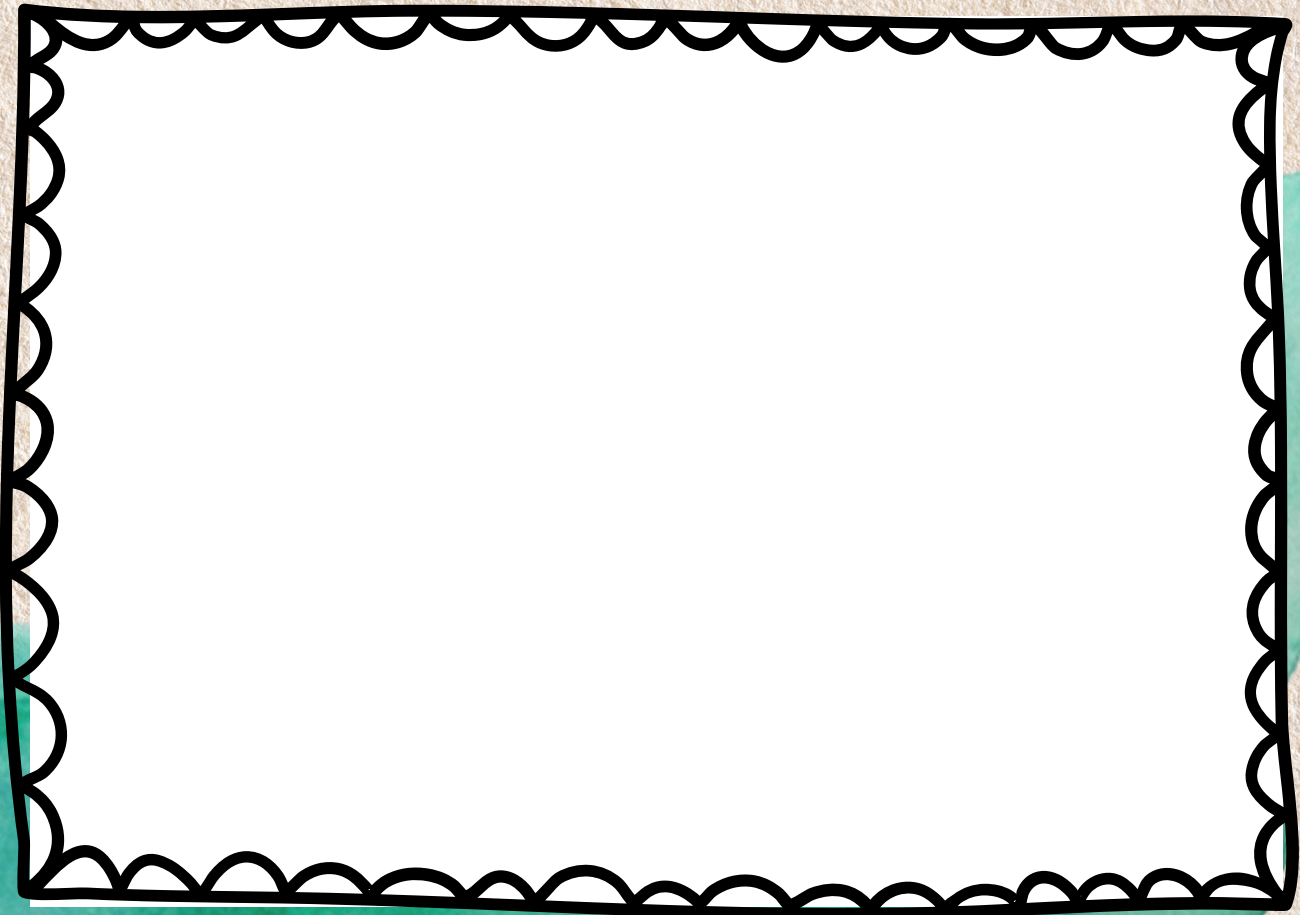


HEAD STRONG

**DRAW A PLACE THAT
MAKES YOU FEEL**

Calm



**TOP TIP: VISUALISATION TECHNIQUES
LIKE THIS CAN HELP US FIND CALM
DURING TIMES OF ANXIETY OR STRESS AS
WE PICTURE OURSELVES IN A PLACE THAT
MAKES US FEEL SAFE AND RESTED**