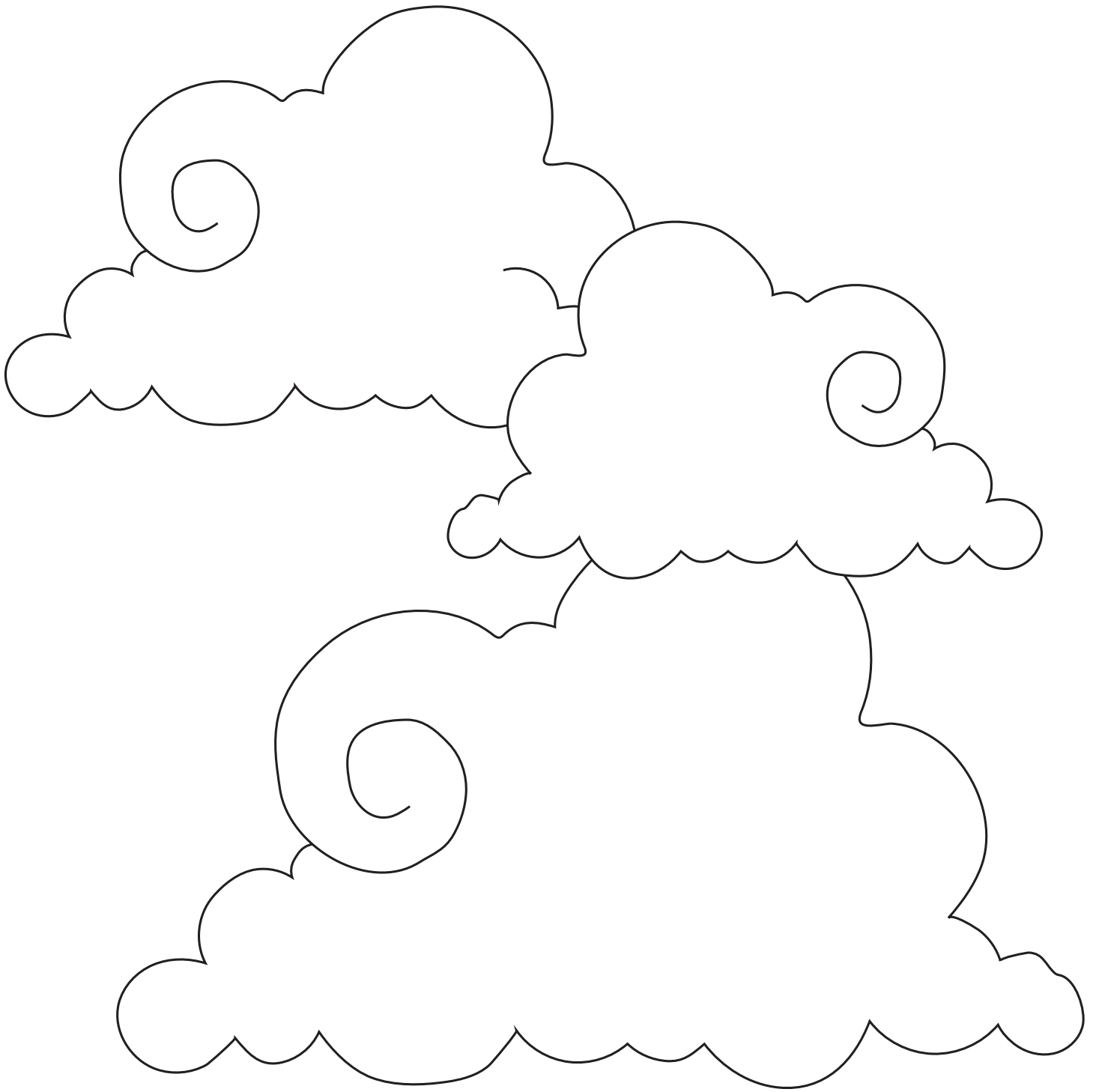


WORRY CLOUDS

- Write or draw your worries or concerns inside the cloud shapes.
- Acknowledge your worries and consider ways to address or manage them.



By writing or drawing your worries inside the clouds, you bring your worries into conscious awareness, promoting mindfulness and providing an opportunity to examine and manage them.