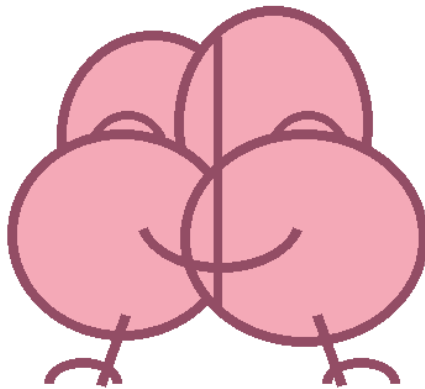




TODAY'S MENTAL HEALTH PLAN



**BREATHE
HAVE A SNACK
AND STOP ARGUING WITH THOUGHTS
THAT HAVEN'T HAPPENED.**

A gentle reminder from Space to Breathe Therapy