



THERE IS A  
PLACE  
FOR YOU HERE.

MAKE  
YOUR  
mental  
health  
A  
PRIORITY

HOW ARE YOU FEELING?

CALM	HAPPY	SAD	SILLY
NERVOUS	ANXIOUS	Tired	SHY
SURPRISED	HUNGRY	AWKWARD	CONFUSED
SLEEPY	SICK	HURTY	EMBARRASSED
DISAPPOINTED	WORRIED	EMOTIONAL	ANXIOUS

