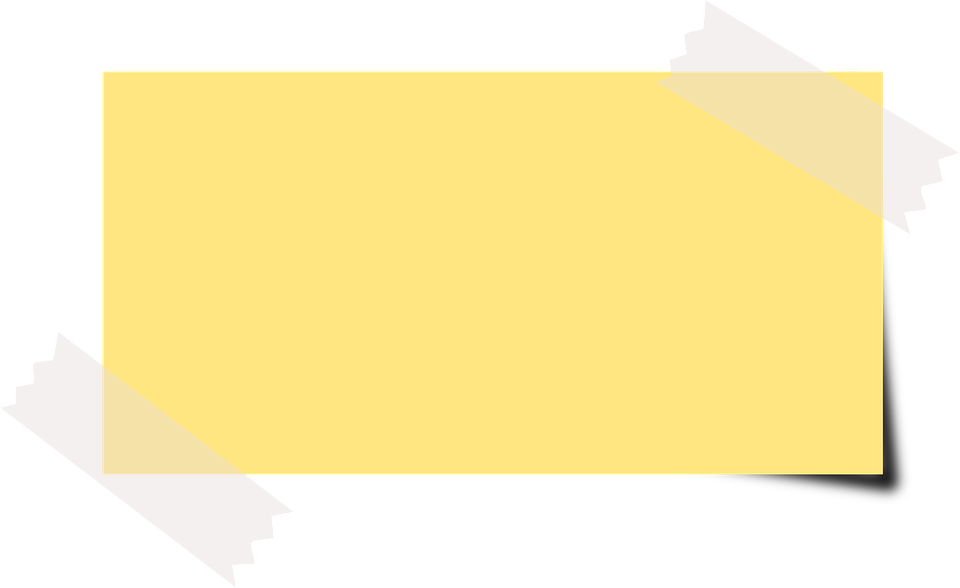
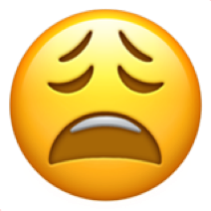
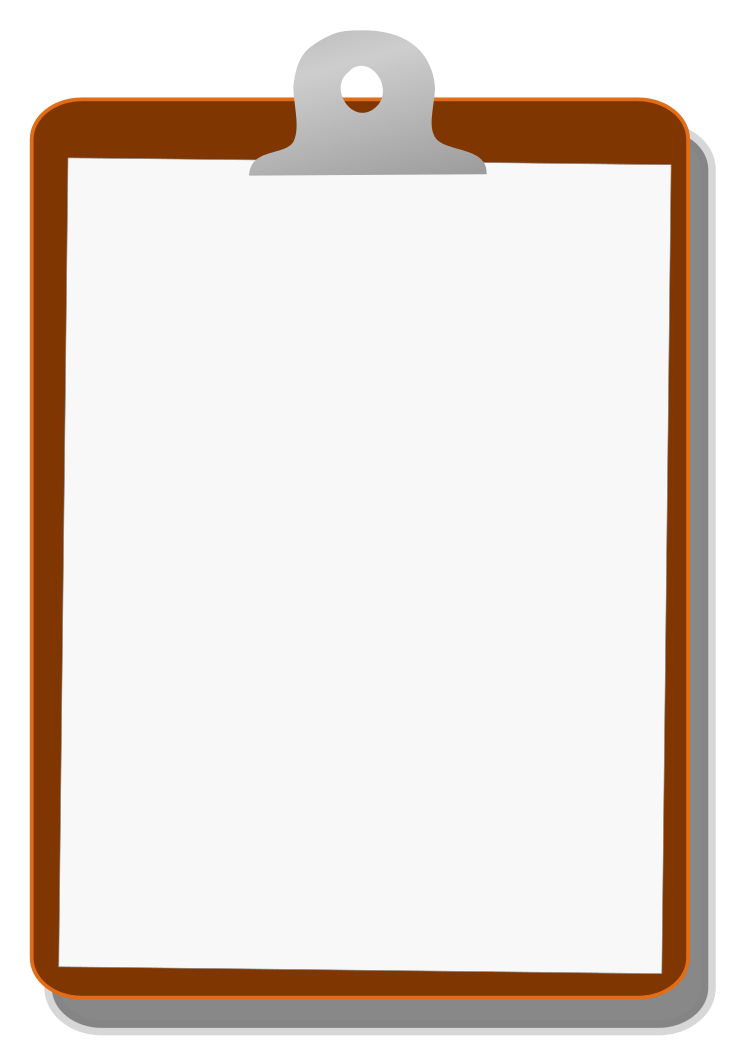
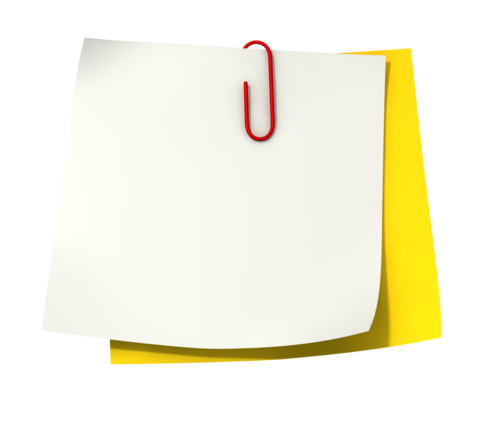
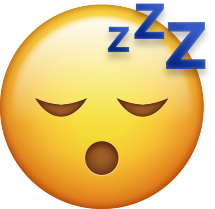
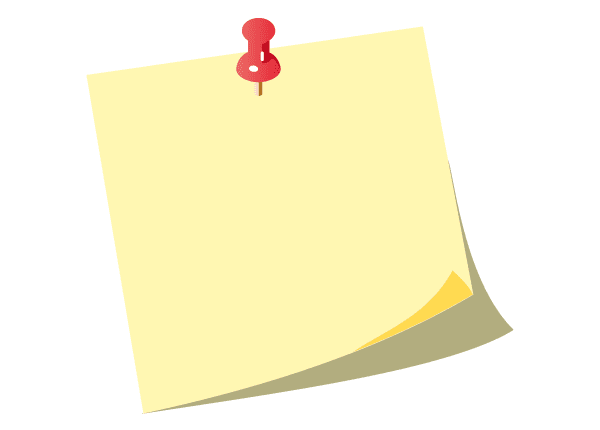
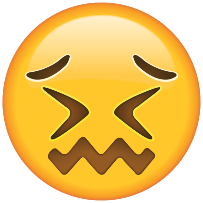
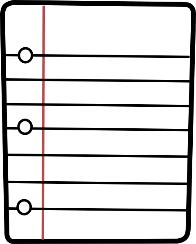
**How can I cope better?**

**[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi5ounai_DgAhWRFxQKHTDiDbIQjRx6BAgBEAU&url=https://emojiisland.com/products/angry-emoji-icon&psig=AOvVaw0tIPabeJqZSG1yNwHlc4Ka&ust=1552050202053984)**What can I do when I feel…

**TIRED**

**ANGRY**

**UPSET**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi9v-_CjPDgAhVNA2MBHcDjBmUQjRx6BAgBEAU&url=/url?sa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttps://emojiisland.com/products/sleeping-iphone-emoji-jpg%26psig%3DAOvVaw0VWGCbLg7GXrJ8WadM0-D4%26ust%3D1552050414697890&psig=AOvVaw0VWGCbLg7GXrJ8WadM0-D4&ust=1552050414697890)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi1zNWZjPDgAhVbDmMBHZ4nAp8QjRx6BAgBEAU&url=https://emojiisland.com/products/cold-sweat-emoji-icon&psig=AOvVaw255JWwgI5WPFtd6_dmaqYR&ust=1552050329041610)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjAru2oi_DgAhWQ2OAKHXyfAsgQjRx6BAgBEAU&url=https://www.pinterest.com/pin/358880664043394239/&psig=AOvVaw17E5XQAdJRpfxh77AaY8_5&ust=1552050095576651)****Are there things I can do more or less of?

**WORRIED**

**STRESSED**

**SAD**