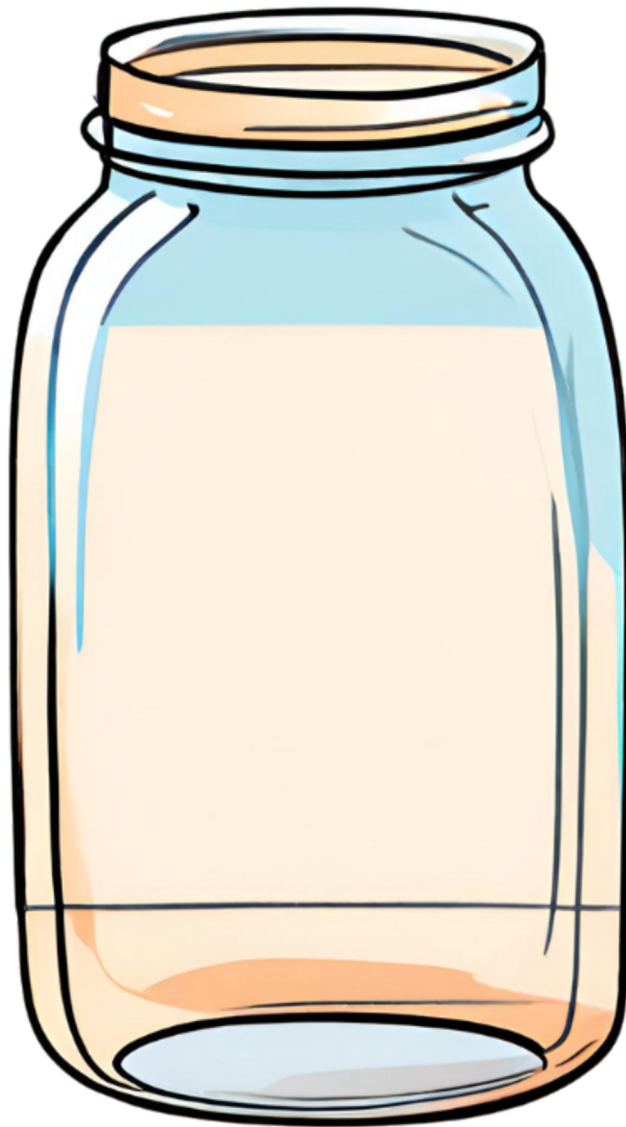


Mental Health Awareness

WORRY JAR

A Worry Jar can help you release your thoughts and worries, even if only temporarily. Write down your worries in the jar and take them from your mind



Date _____