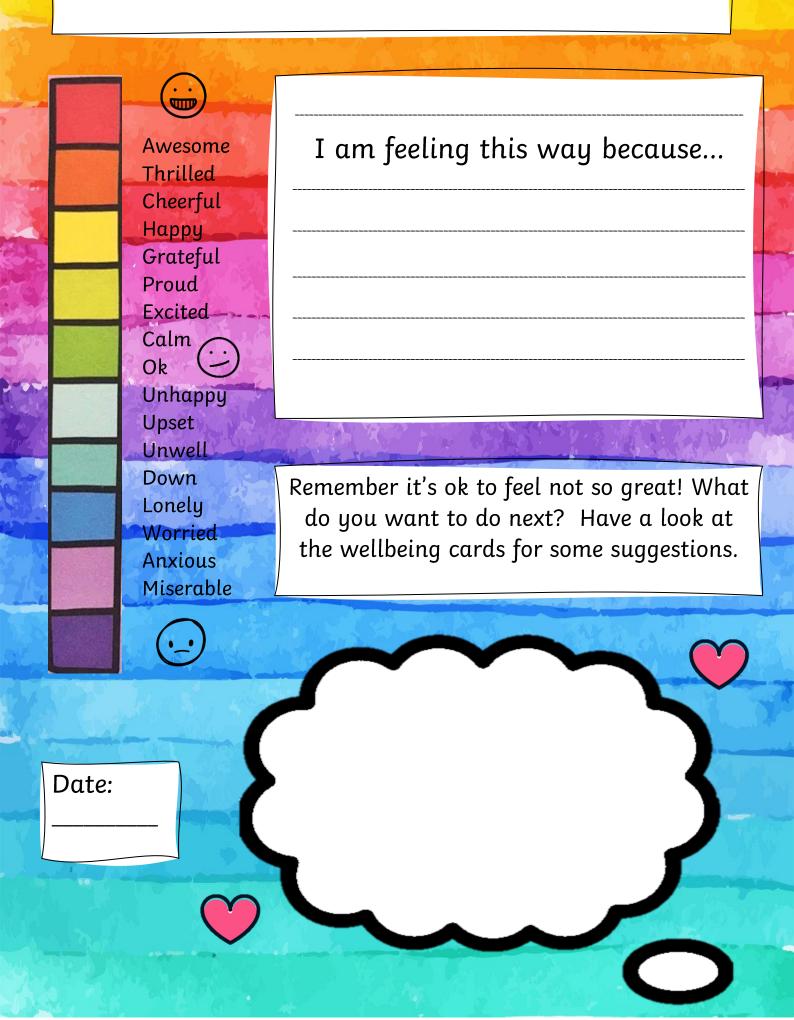
Right now, I am feeling...



Right now, I am feeling...

I am feeling this way because

Remember it's ok to feel not so great! What do you want to do next? Have a look at the wellbeing cards for some suggestions.



Awesome Thrilled Cheerful Нарру Grateful Proud Excited Calm Ok Unhappy Upset Unwell Down Lonely Worried Anxious Miserable



