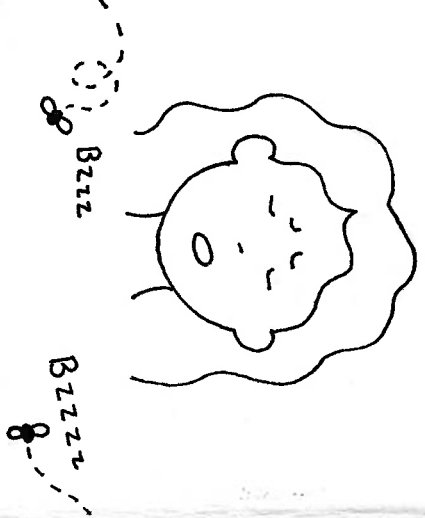
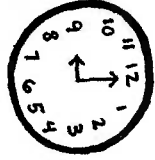
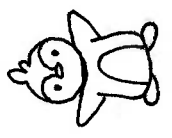


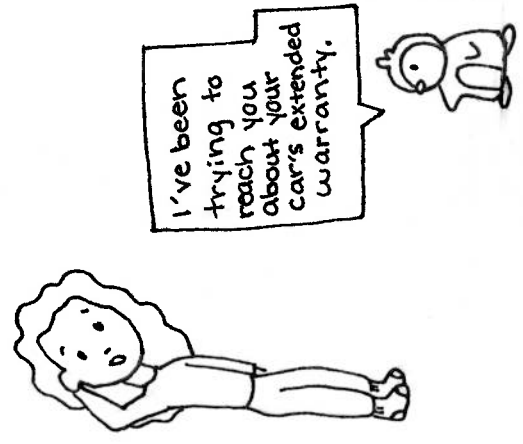
PIK
PIK
PIK



Why does everything
sound so loud?

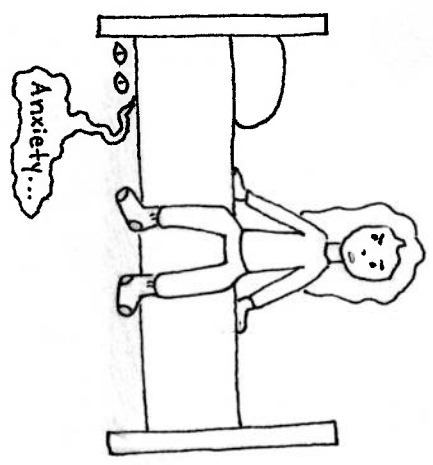


Just kidding! My name
is snowball and I'm
here to tell you that
everything you are
experiencing is normal.
Don't be afraid to reach
out to someone. Anxiety
can be hard, but you
are not alone.

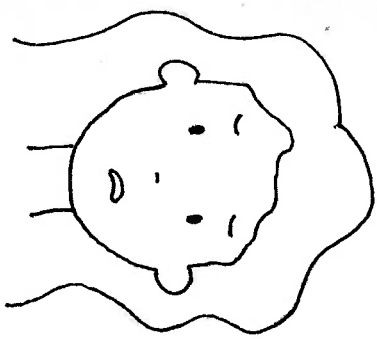


oh. um, i, i, um, i
?not

I can't sleep!

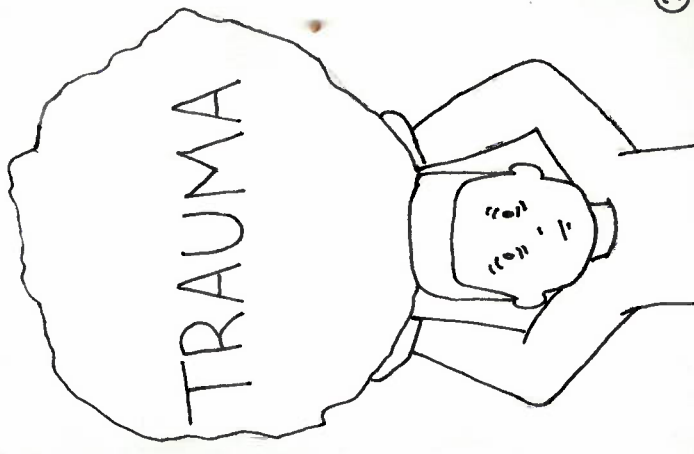


Who said that?

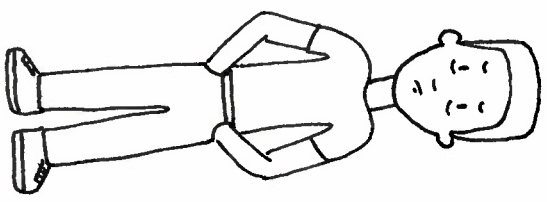


AHEM!

My chest feels so tight it's
hard to breath.



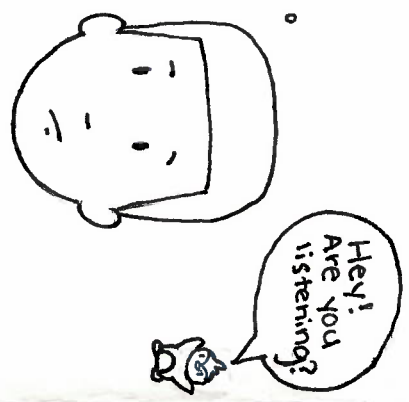
Trauma can cause sleep deprivation.



I myself struggle to ask for help sometimes, but thankfully there are good people around us who are always kind and willing to help.



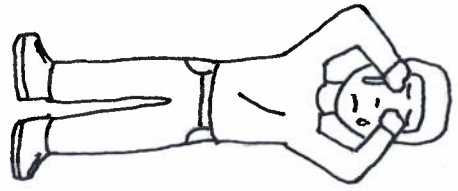
It can create a lack of concentration.



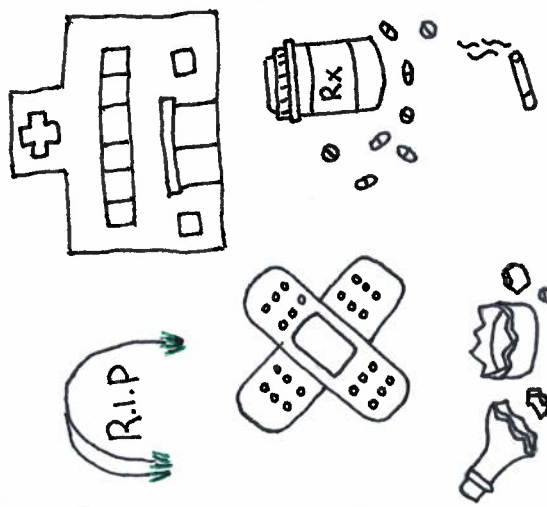
Many of these topics can be difficult to talk about, but there is always someone willing to listen.



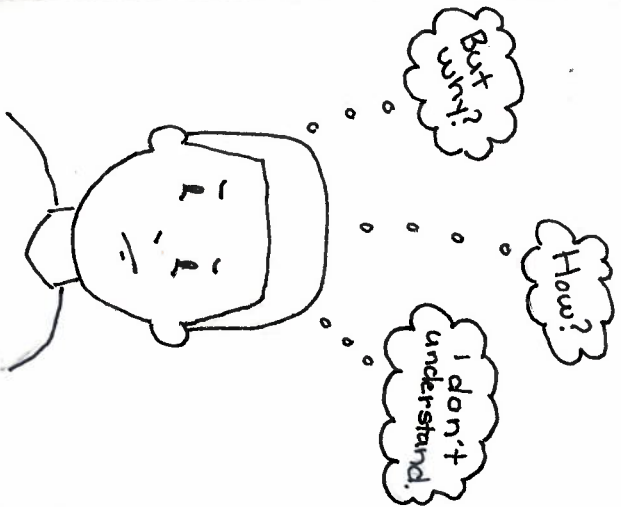
With trauma a person may experience sadness.



Trauma can occur when someone experiences a terrible event.



People with trauma may overthink.



SELF CARE



Self care includes, but is not limited to...



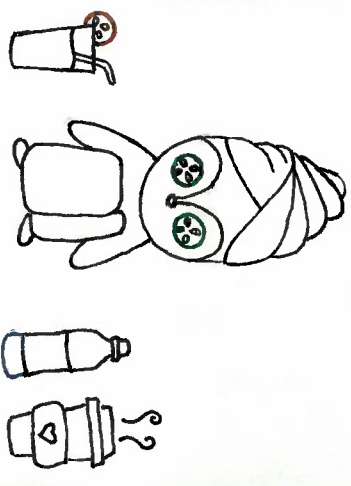
Taking time to read a few books.

Hey there! Just want to remind you that it's okay to take care of yourself. We need it sometimes.

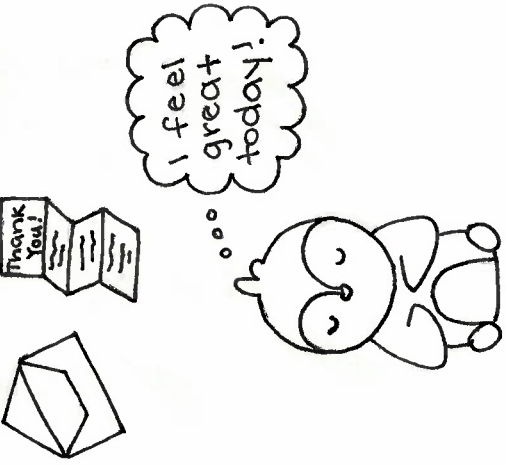
Take care!
- snowball



Taking a relaxing bath and staying hydrated.

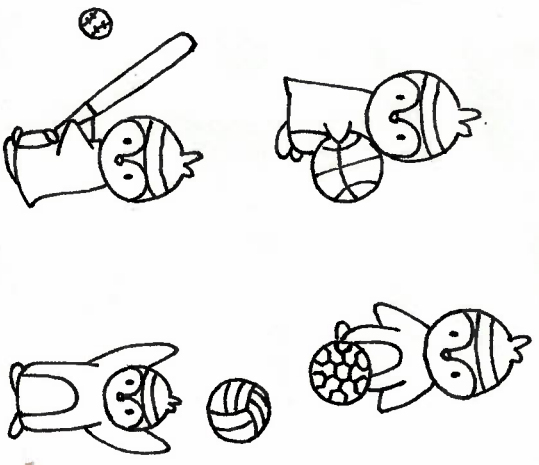


Treat yourself to your favorite coffee or drink.

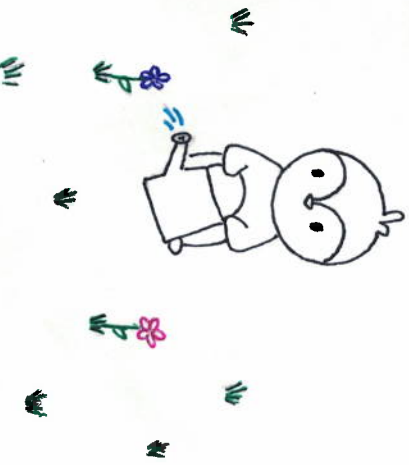
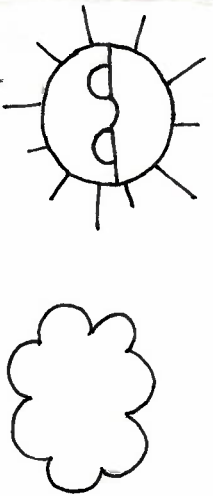


Practice mindfulness and gratitude.

Getting active by playing sports with family or friends.



Enjoy nature.



Try something new like dancing.

