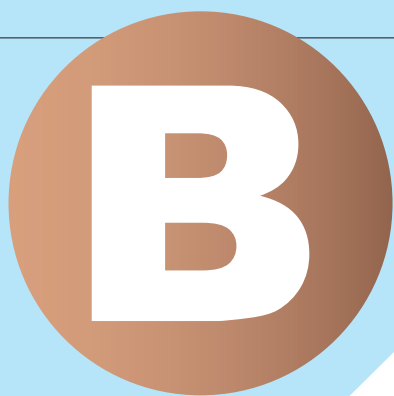


LET'S BE

BRAVE TODAY



Breathe

- FILL YOUR WHOLE BODY WITH AIR.
- SLOWLY RELEASE THE AIR (TAME IT).



Relax

- RELAX.
- LET GO OF THE TENSION THROUGHOUT YOUR BODY.



Ask

- WHAT ARE THE FACTS?
- WHAT AM I FEELING?



Validate

- CONFIRM YOUR EMOTIONS.
- IDENTIFY YOUR EXPERIENCE.



Engage

- WHAT ARE MY NEXT STEPS?
- WHO CAN SUPPORT ME?

