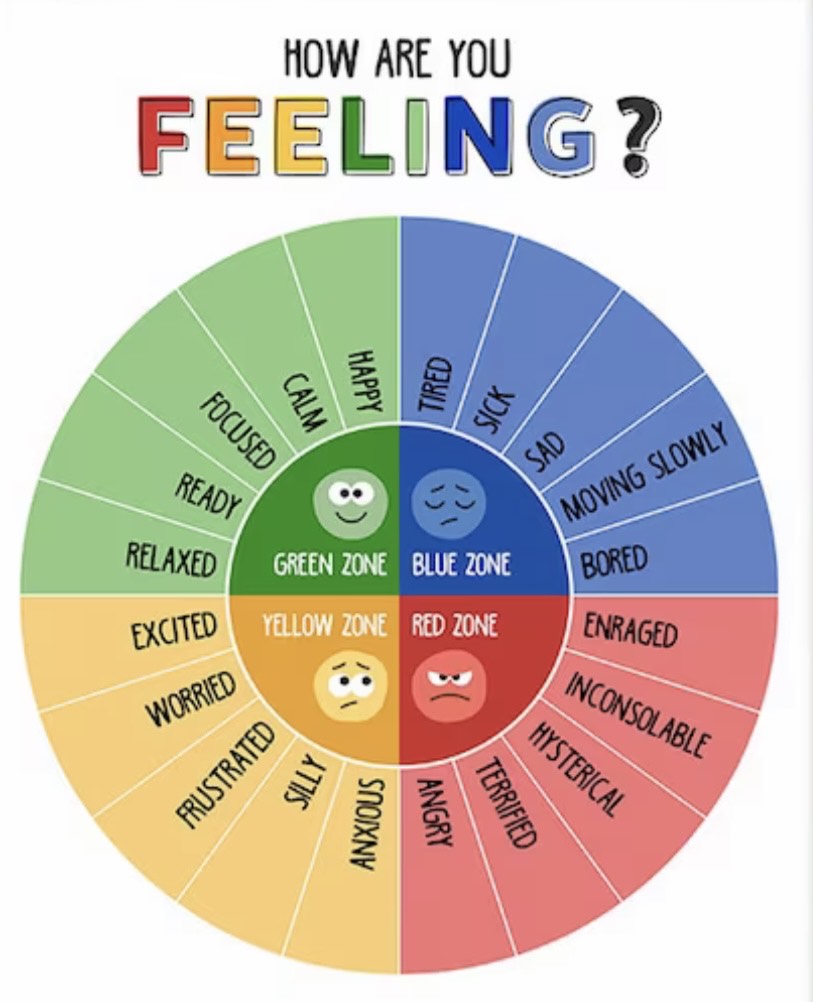




**It OK. Everyone feels these emotions at times. The goal is to learn ways to move to the Green zone.**



Emotional Vocabulary

