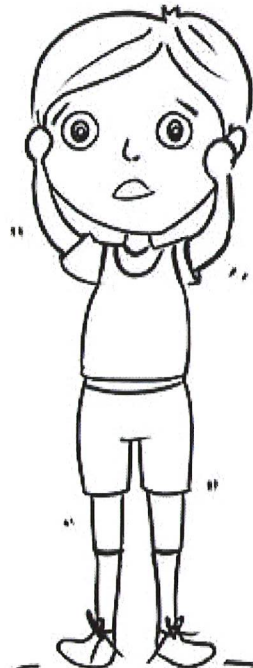


2.2.2.LF1

Racing thoughts
Trouble focusing
Negative thoughts



Butterflies
Feeling nauseous
Struggle to sit still
or relax

A. Anxious

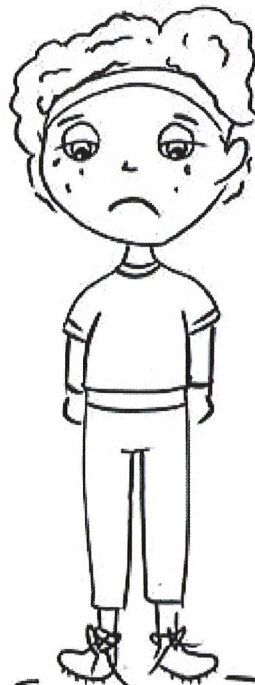
Confident thoughts
Thinking everything
will be ok



Moving with lots of
energy
Smiling and laughing

B. Happy

Negative thoughts
Easily irritated or
angry



Feeling fatigued
Loss of energy
Slumped shoulders

C. Sad