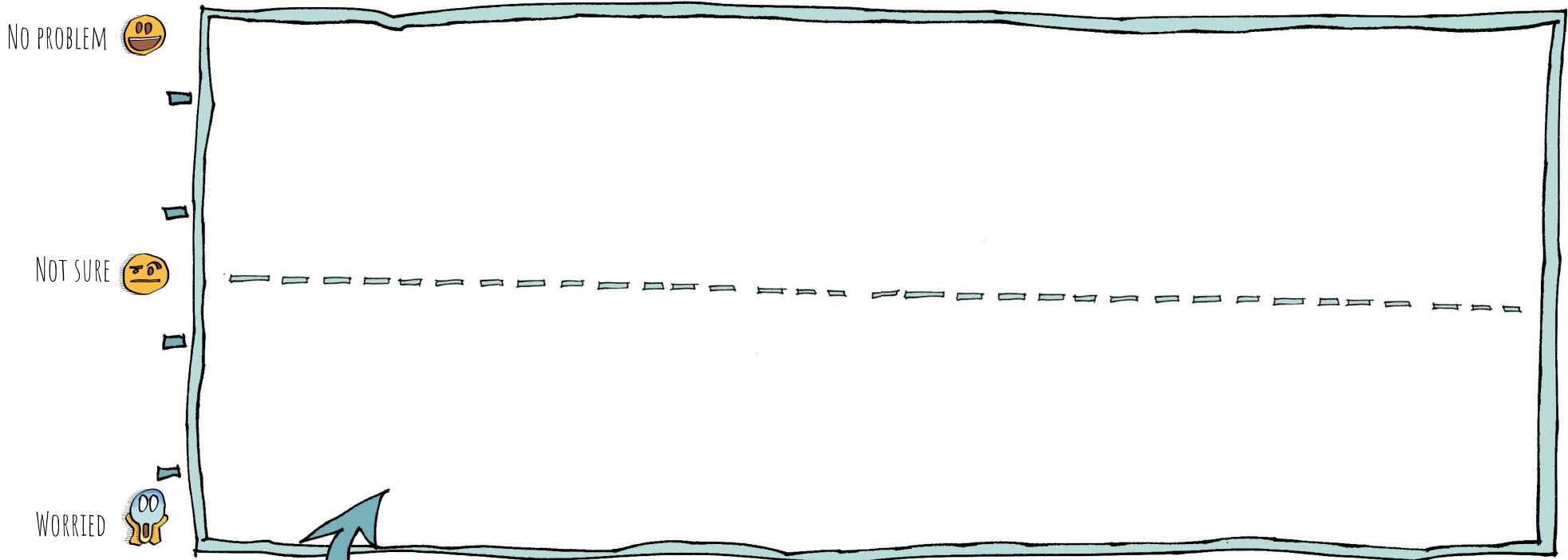


# Coping strategies

## Things coming up in the next few weeks months



↑ PLOT THINGS ON THE CHART

WHAT CAN I DO TO MOVE THINGS I'M WORRIED ABOUT UP?

WHAT CAN OTHERS DO TO HELP?