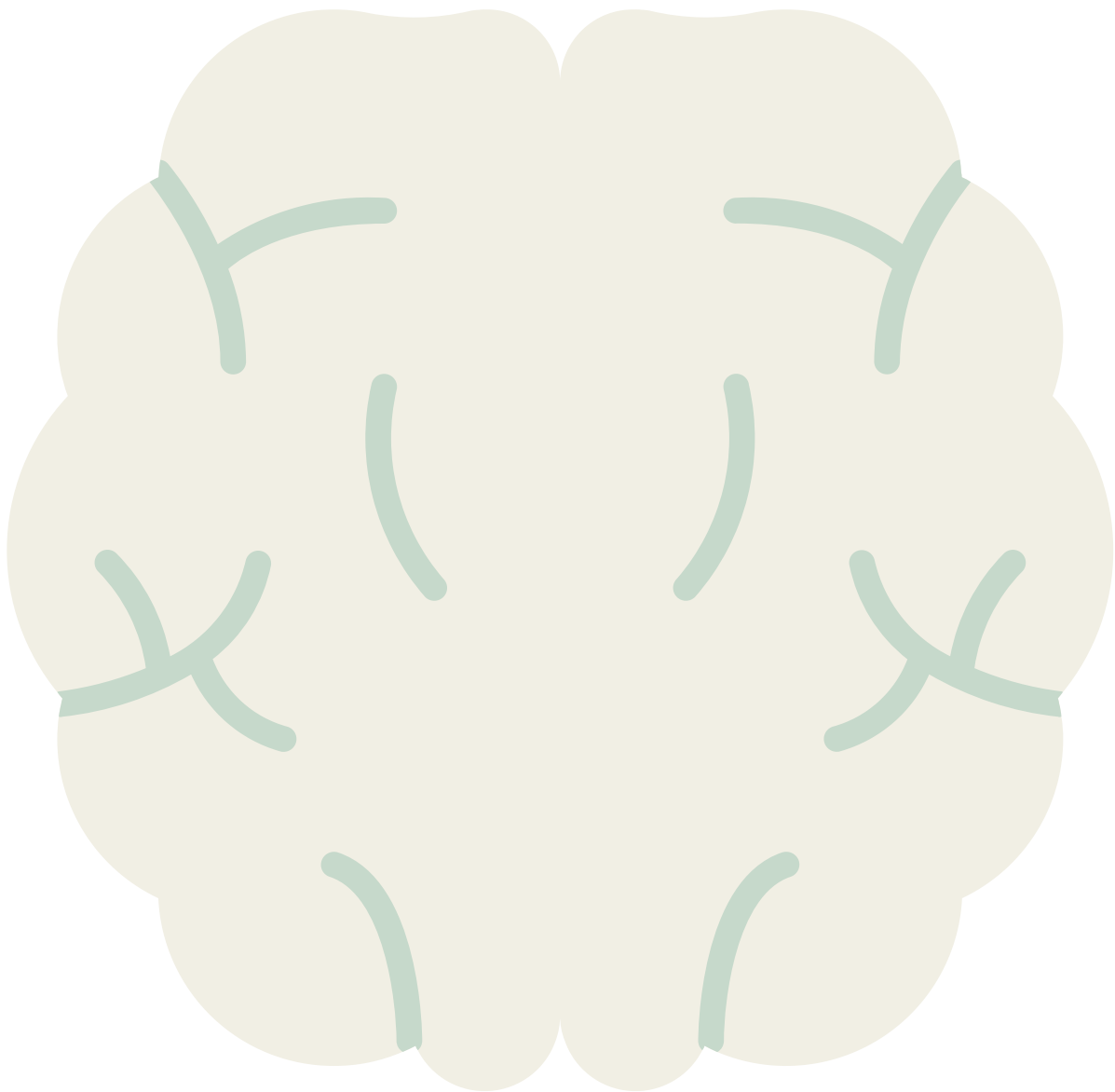


Calming My Busy Brain Of Thoughts

Does your brain ever feel like it's running in all directions? During stressful moments, our minds can become overwhelmed with racing thoughts. One helpful step is to identify what's taking up space in your head. Use the space below to "empty your mind" by jotting down anything that feels loud, heavy, or distracting.

BENEFITS: Getting your thoughts out can help you feel clearer, calmer, and more in control.



HERE