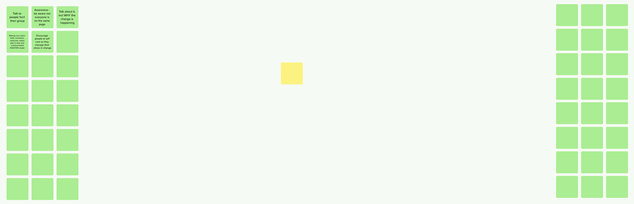
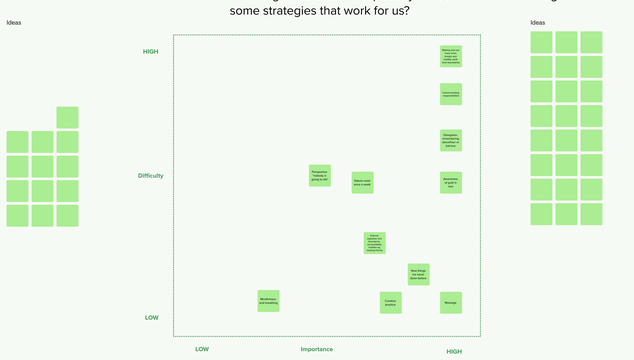
POD #1

What are some strategies to manage different responses to change?

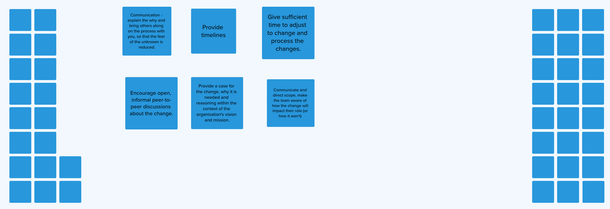


How can we continue effective self-care during times that are especially stressful or overwhelming? What are some strategies that work for us?

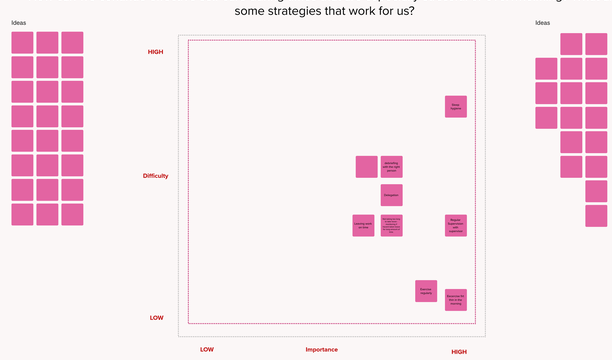


POD #2

What are some strategies to manage different responses to change?

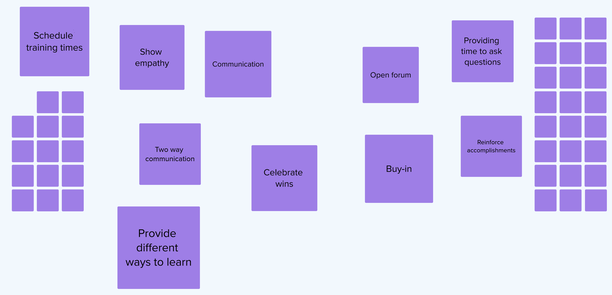


How can we continue effective self-care during times that are especially stressful or overwhelming? What are some strategies that work for us?

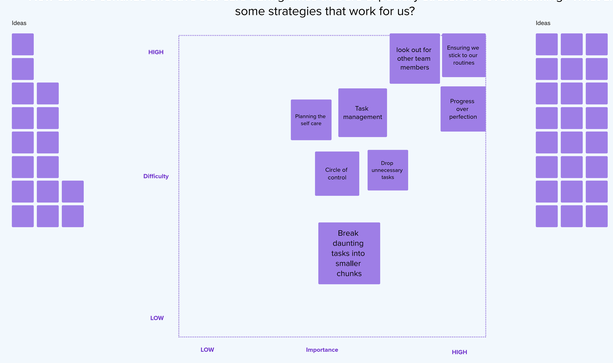


POD #3

What are some strategies to manage different responses to change?



How can we continue effective self-care during times that are especially stressful or overwhelming? What are some strategies that work for us?



POD #4

What are some strategies to manage different responses to change?

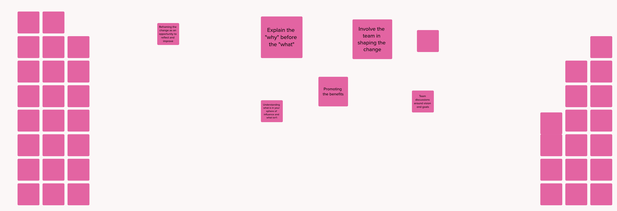


How can we continue effective self-care during times that are especially stressful or overwhelming? What are some strategies that work for us?



POD #5

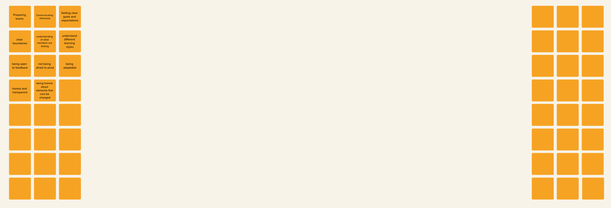
What are some strategies to manage different responses to change?



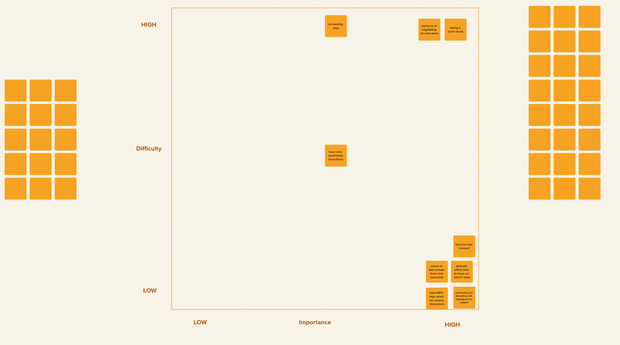
How can we continue effective self-care during times that are especially stressful or overwhelming? What are some strategies that work for us?

POD #6

What are some strategies to manage different responses to change?

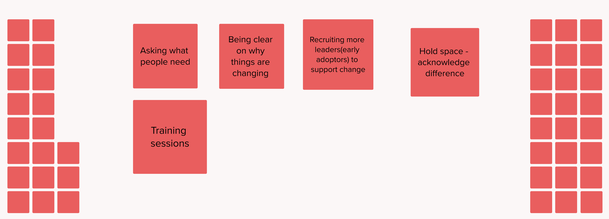


How can we continue effective self-care during times that are especially stressful or overwhelming? What are some strategies that work for us?



POD #7

What are some strategies to manage different responses to change?



How can we continue effective self-care during times that are especially stressful or overwhelming? What are some strategies that work for us?

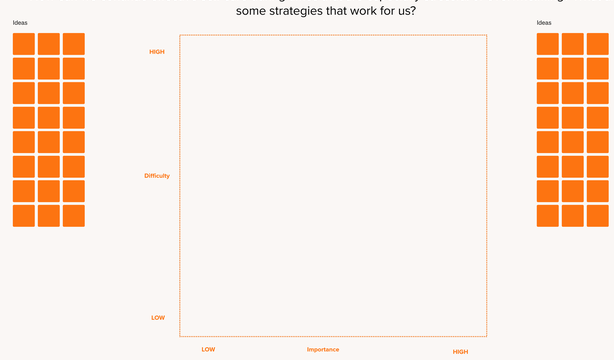


POD #8

What are some strategies to manage different responses to change?

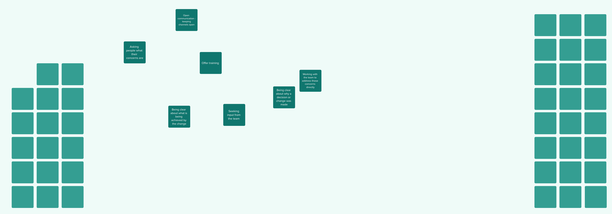


How can we continue effective self-care during times that are especially stressful or overwhelming? What are some strategies that work for us?



POD #9

What are some strategies to manage different responses to change?



How can we continue effective self-care during times that are especially stressful or overwhelming? What are some strategies that work for us?

