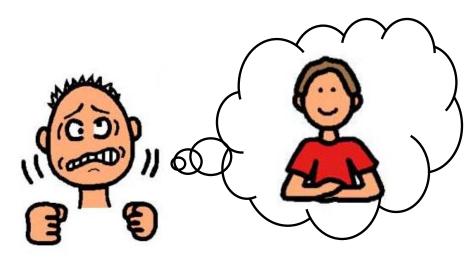
Have Self-Compassion When You're Upset!



When you get upset...

just notice that you are having a hard time. Don't judge yourself or get mad at yourself!





It's ok to have a hard time. Everybody does!
You are not alone, and it will get better!