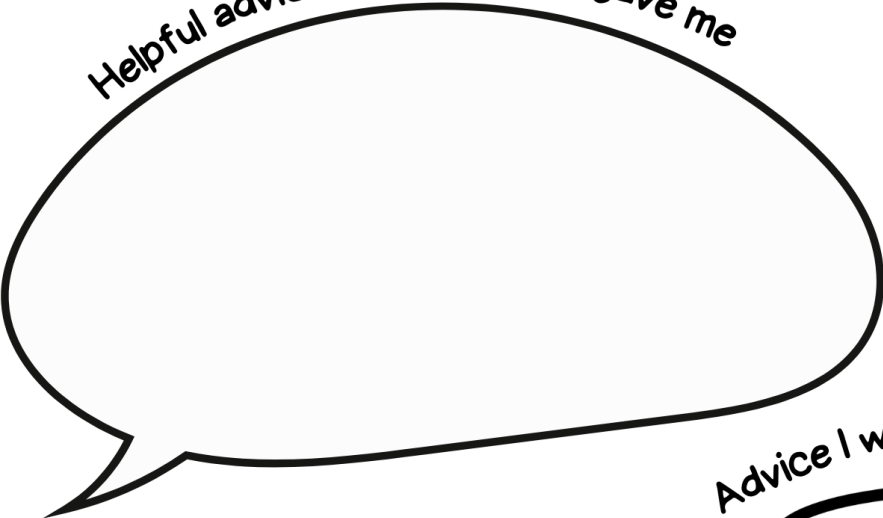


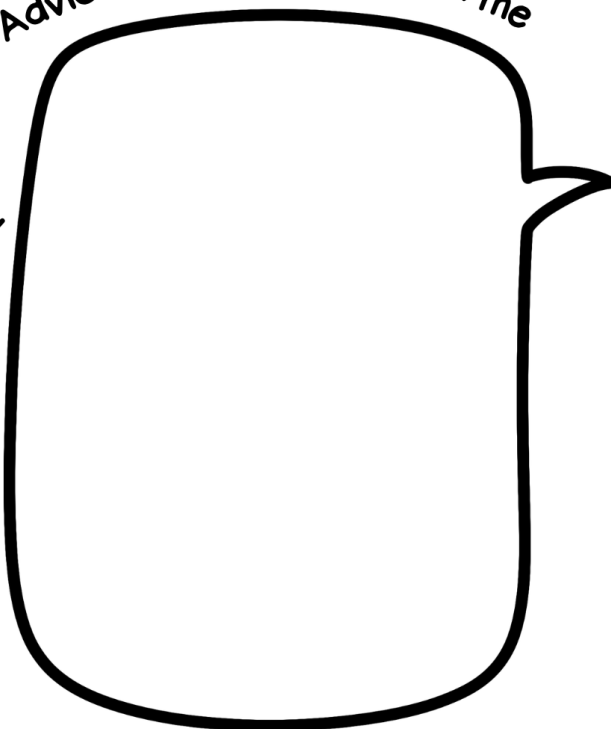
# WORDS OF ADVICE

When you are going through tough times, there are often lots of people who want to give you advice. This advice can be helpful, but it can also be unhelpful. Below, think about some of the advice you have received before.

Helpful advice that someone gave me



Advice I wish someone told me



Something I wish people would stop telling me

