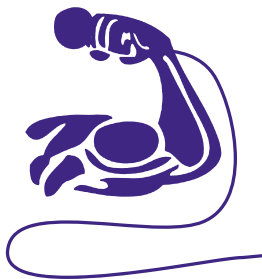


The Strategy for Overcoming Adversity:

- Know that everyone goes through tough times
- Talk to people who have been there before
- Find what gives you personal power
- Resolve the situations that brought you into distress

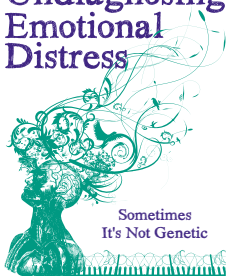


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Four Questions to Help Among Friends

- What have you accomplished since the last time we met?
- What are you facing?
- Who are your allies?
- What is your plan?

**Undiagnosing
Emotional
Distress**



Sometimes
It's Not Genetic

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