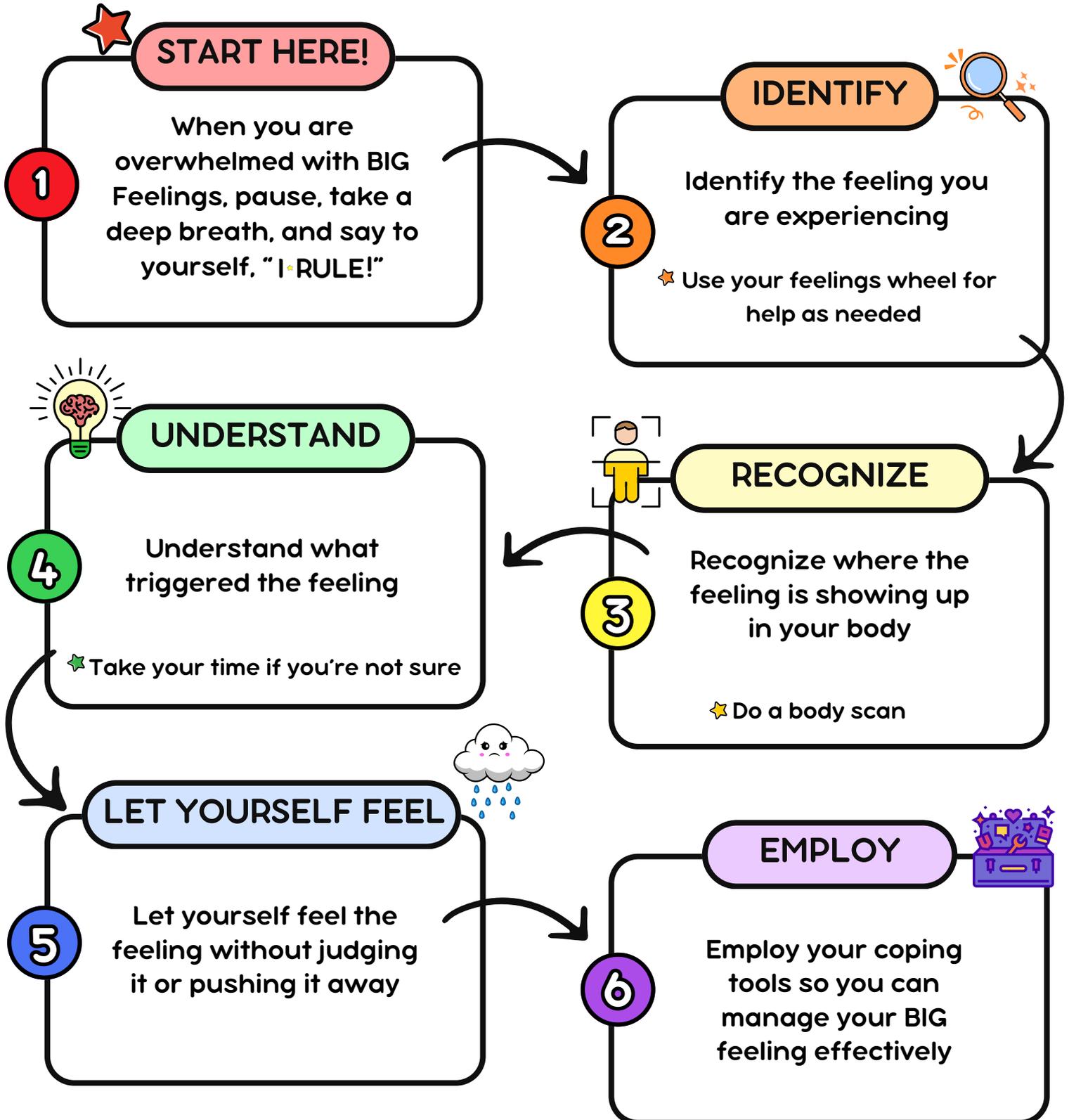


BIG Feelings

IRULE: A Framework to Navigate Your BIG Feelings

BIG feelings can be overwhelming, but you are capable of responding with intention. It takes a little bit of practice and a lot of self-compassion. You can do this!



Remember: You have the power to navigate your feelings!