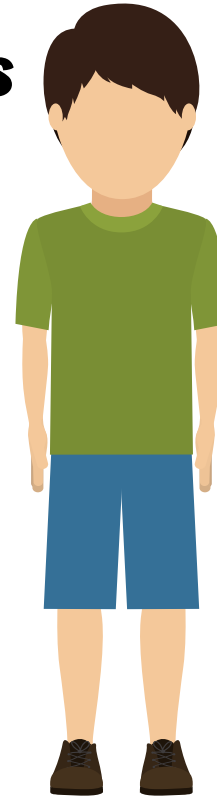
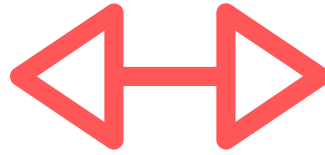
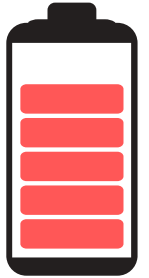


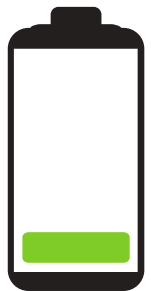
- **inquiétudes**
- **doutes**
- **émotions désagréables**



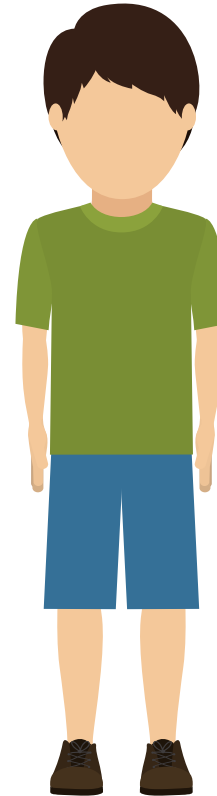
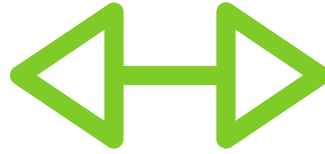
Stress



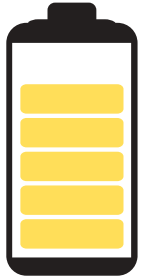
Stress



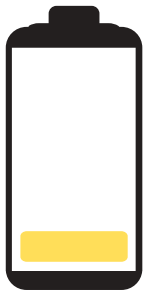
- **joie**
- **gratitude**
- **émotions agréables**



Niveau de
bien-être



Niveau de
bien-être



- **Tu peux choisir d'éloigner ou de rapprocher les dessins que tu préfères**
- **Tu peux aussi faire de même avec tes souvenirs et les images dans ta tête**

