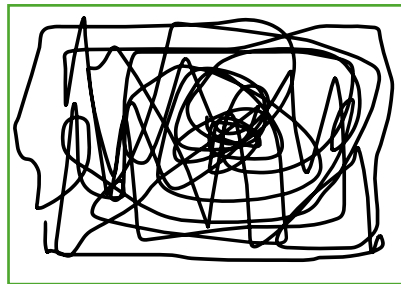


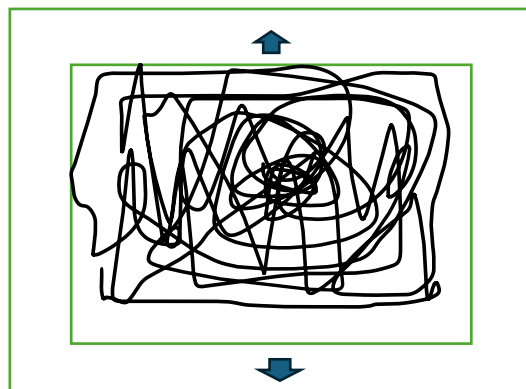
Life is a box you can grow.

Sometimes things happen that overwhelm us and seem to take over our lives. It may be the loss of a loved one, a traumatic event or chronic pain that cannot be controlled through medication.

Imagine this box is your life and the scribble within it is the trauma or pain. Sometimes we cannot change this.



What we can do though is to grow the box by adding things in that will make the trauma or pain seem smaller.



- Spending time in nature
- Talking to friends
- Learning a new recipe
- Join a peer support group.

How will you grow yours?