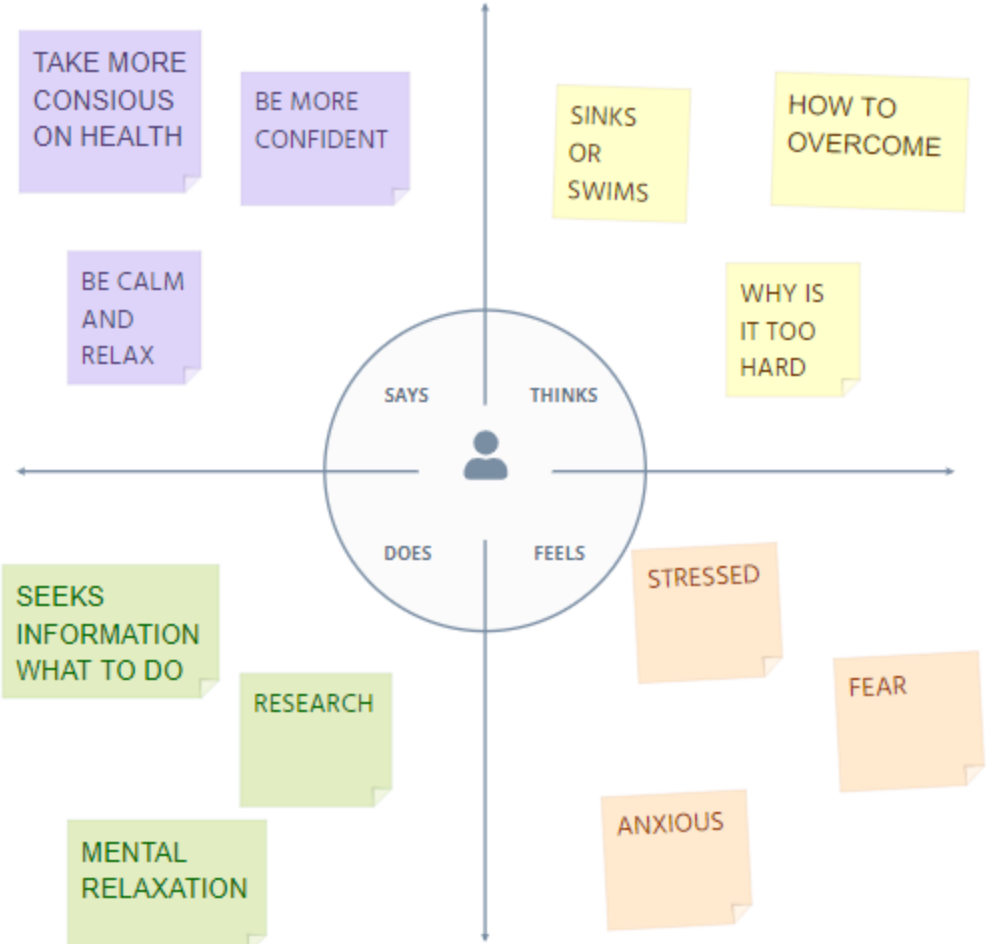
Empathy Map


TAKE MORE CONSIOUS ON HEALTH
BE MORE CONFIDENT
SINKS OR SWIMS
HOW TO OVERCOME
BE CALM AND RELAX
WHY IS IT TOO HARD
SAYS
THINKS
DOES
FEELS
SEEKS INFORMATION WHAT TO DO
RESEARCH
MENTAL RELAXATION
STRESSED
FEAR
ANXIOUS