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<!DOCTYPE html>

<html>
  <head>
    <title>Resources & Articles</title>
    <link rel="stylesheet" href="styles.css">
  </head>
  <body>

    <nav> ...same nav... </nav>

    <div class="container">
      <h2>Helpful Resources</h2>
      <ul>
        <li><a href="#">How to Navigate Anxiety</a></li>
        <li><a href="#">Improving Self-Esteem</a></li>
        <li><a href="#">Coping with Stress</a></li>
        <li><a href="#">Finding the Right Therapist</a></li>
      </ul>
    </div>

    <footer>© 2025 Cloud 7</footer>
  </body>
</html>
```