

The 333 Rule..

- 1) label 3 things you see..
- 2) label 3 things you hear..
- 3) label 3 parts of your body (ankle, arms, legs, etc.)

Humor..

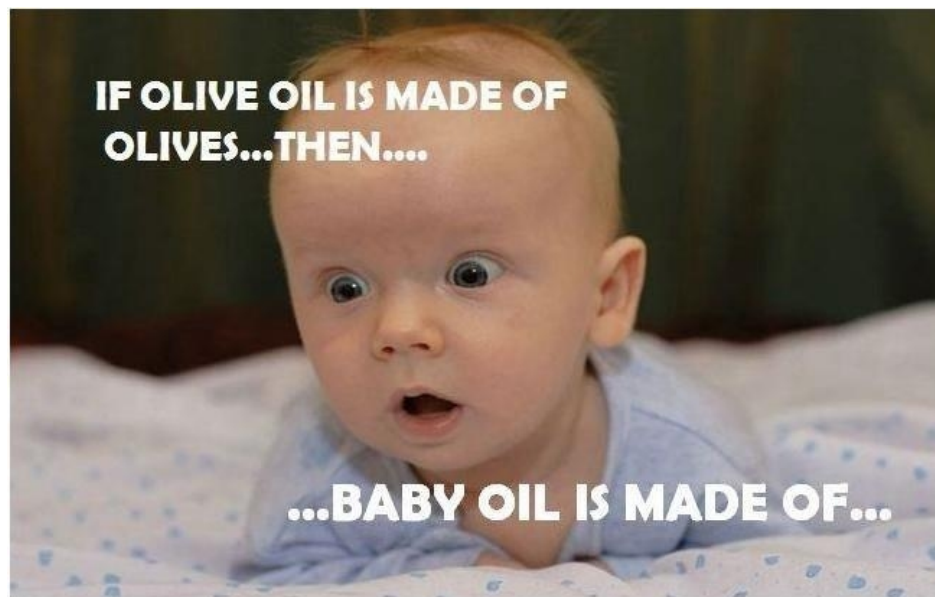
- A) Watch a short, humorous video..
- B) Ask someone to tell you a joke..
- C) Both..

Walk the walk..

- ✓ As simple as it sounds, take a walk..

Helpful Items..





MOM I JUST REALLY

**NEED TO FOCUS ON
MY ART RIGHT NOW**





When u see ur homie light up the blunt
with the lighter u lost a week ago

