

# IF YOU ARE SAD



## RUN



# IF YOU ARE STRESSED



**MEDITATE**



# IF YOU ARE ANGRY



## WORK OUT



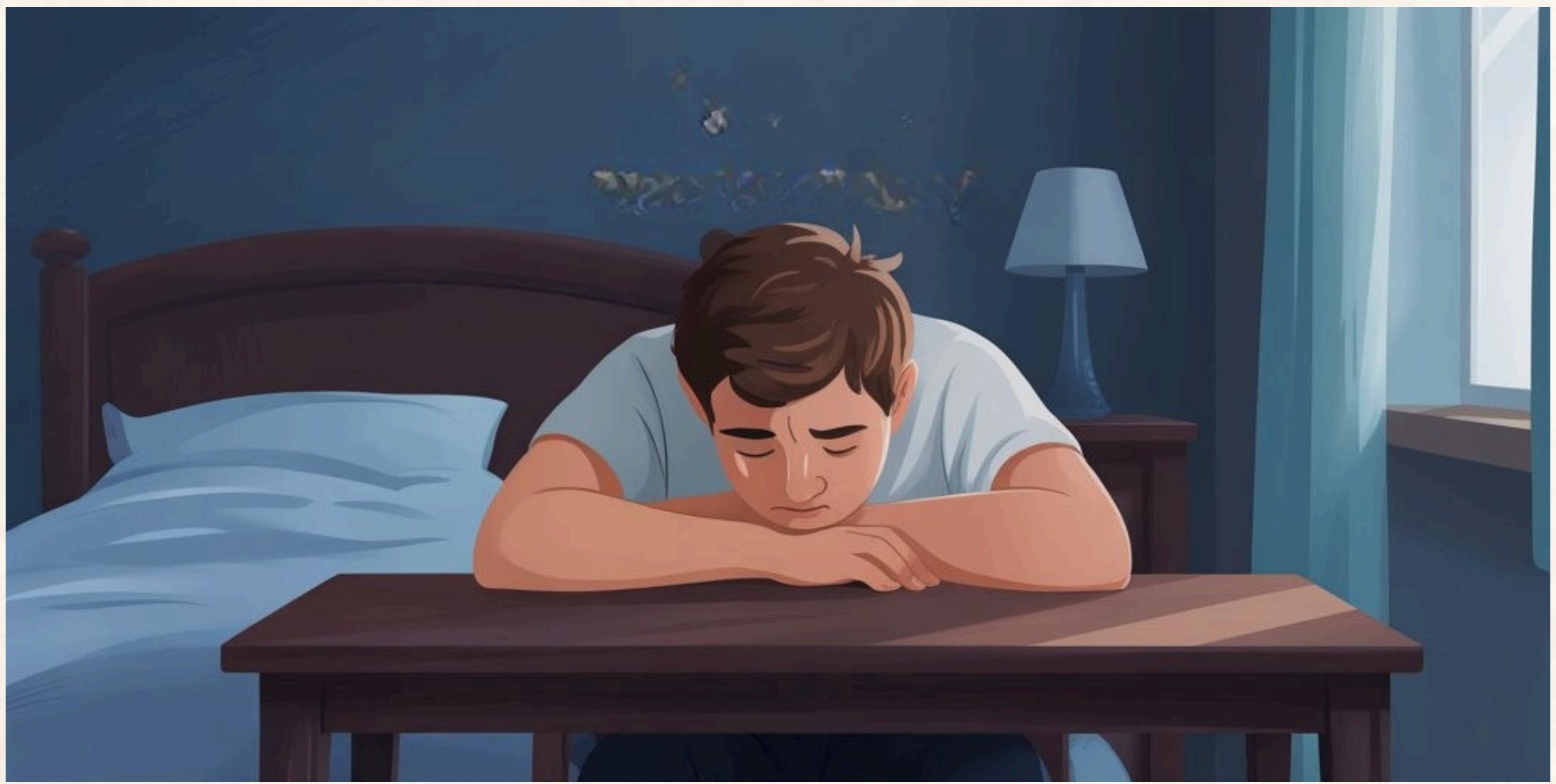
# **IF YOU ARE BORED**



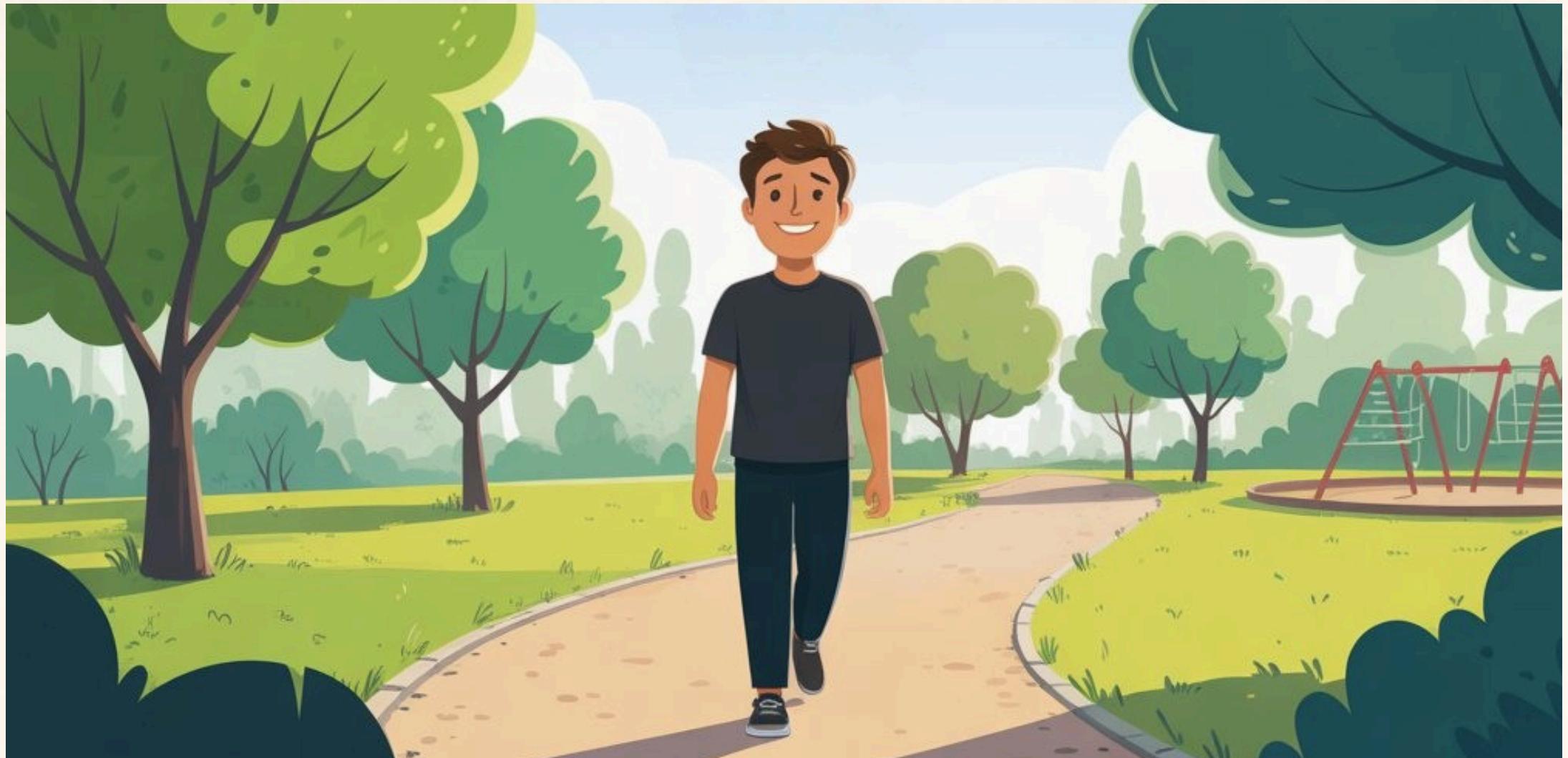
## **SOCIALIZE**



# IF YOU ARE OVERTHINKING



**WALK**



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**@Faraz Anis**

