

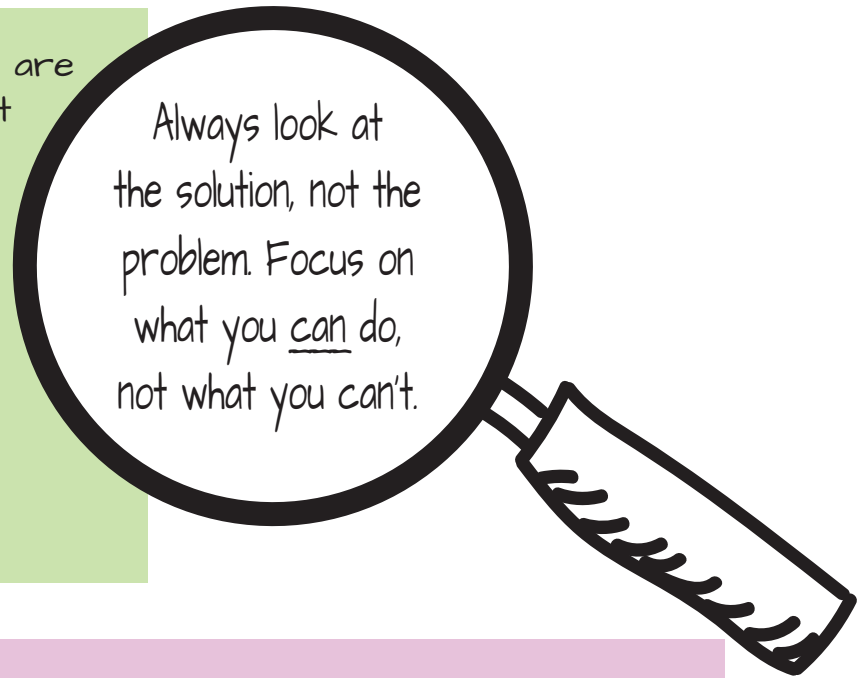
# WHAT'S YOUR PROBLEM?

If you're feeling anxious, stressed, irritated or angry, it helps to ask yourself, "Why am I feeling this way?" Identifying what is causing those feelings is the first step to help you feel better about your life.

Then look at what your options are and decide what is the healthiest way to solve your problems.

Options:

- 1.
- 2.
- 3.
- 4.
- 5.



Always look at the solution, not the problem. Focus on what you can do, not what you can't.

Plan:

YOUR Life YOUR Voice  
[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)