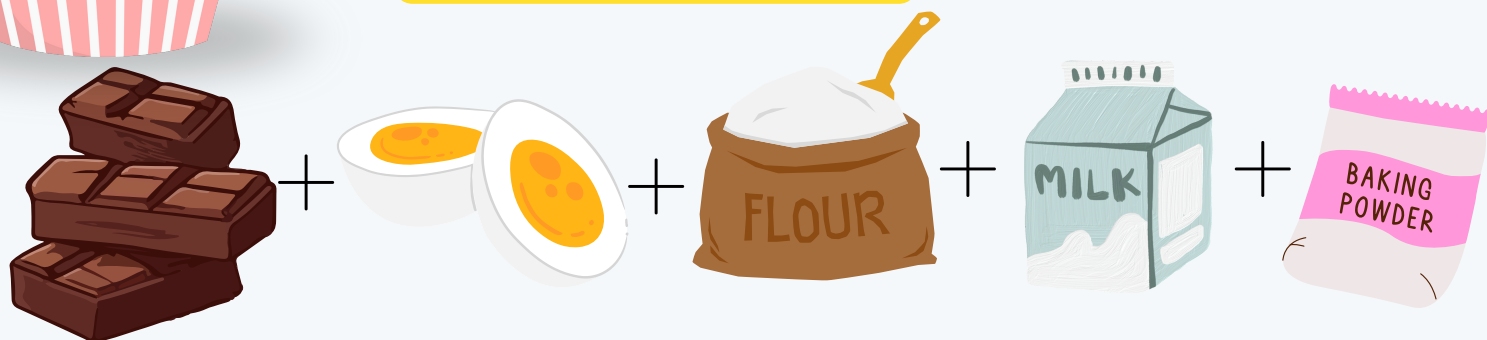




Create a cake with your emotional ingredients:

What ingredients do you need to bake the perfect cake?



What ingredients do you need to create happiness? Here's an example

Exercise + Walking + Healthy Diet + Routine + Seeing Friends

What ingredients do you need to create sadness/anxiety? Here's an example

Not leaving the house + Eating junk food + Feeling poorly + Lack of sleep + Isolation

Now create your own:

What are your ingredients for happiness?



+ + + +

What are your ingredients for sadness/anxiety?



+ + + +