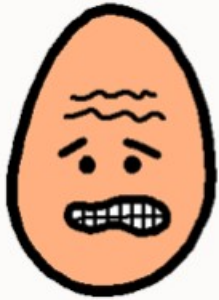


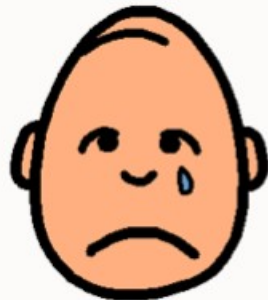


QoL mental health talking mat

worry



sad



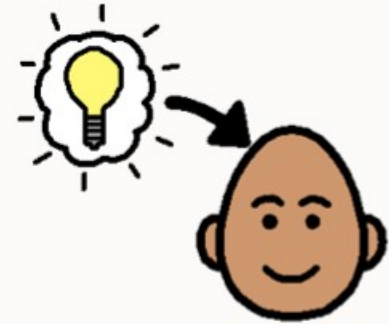
concentrate



understand



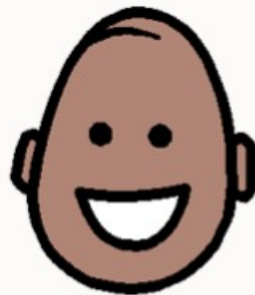
learn



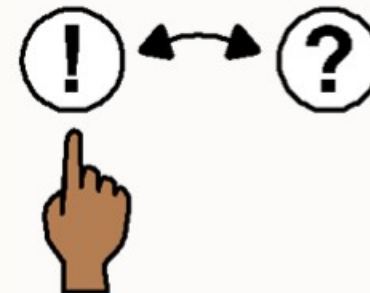
relax



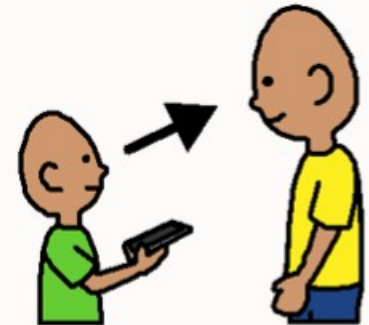
happy



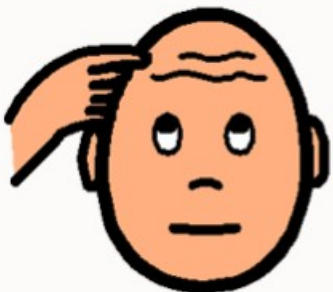
decisions



pay attention



think



plan



remember

