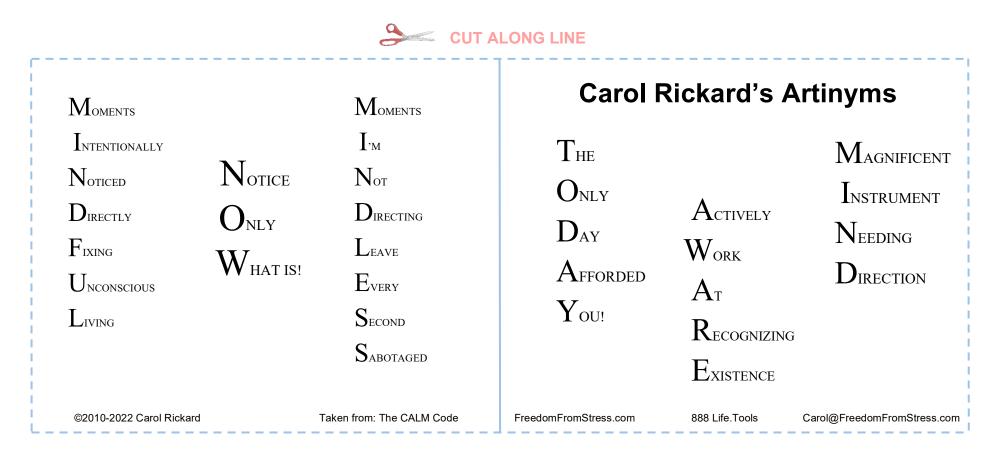
## Carol Rickard's Artinyms Easing Anxiety



## **INSTRUCTIONS:**

- 1. Cut along dotted line
- 2. Fold in middle
- 3. Option: Leave open & put on fridge
- \*\* Make extra copies & post as reminders where needed!