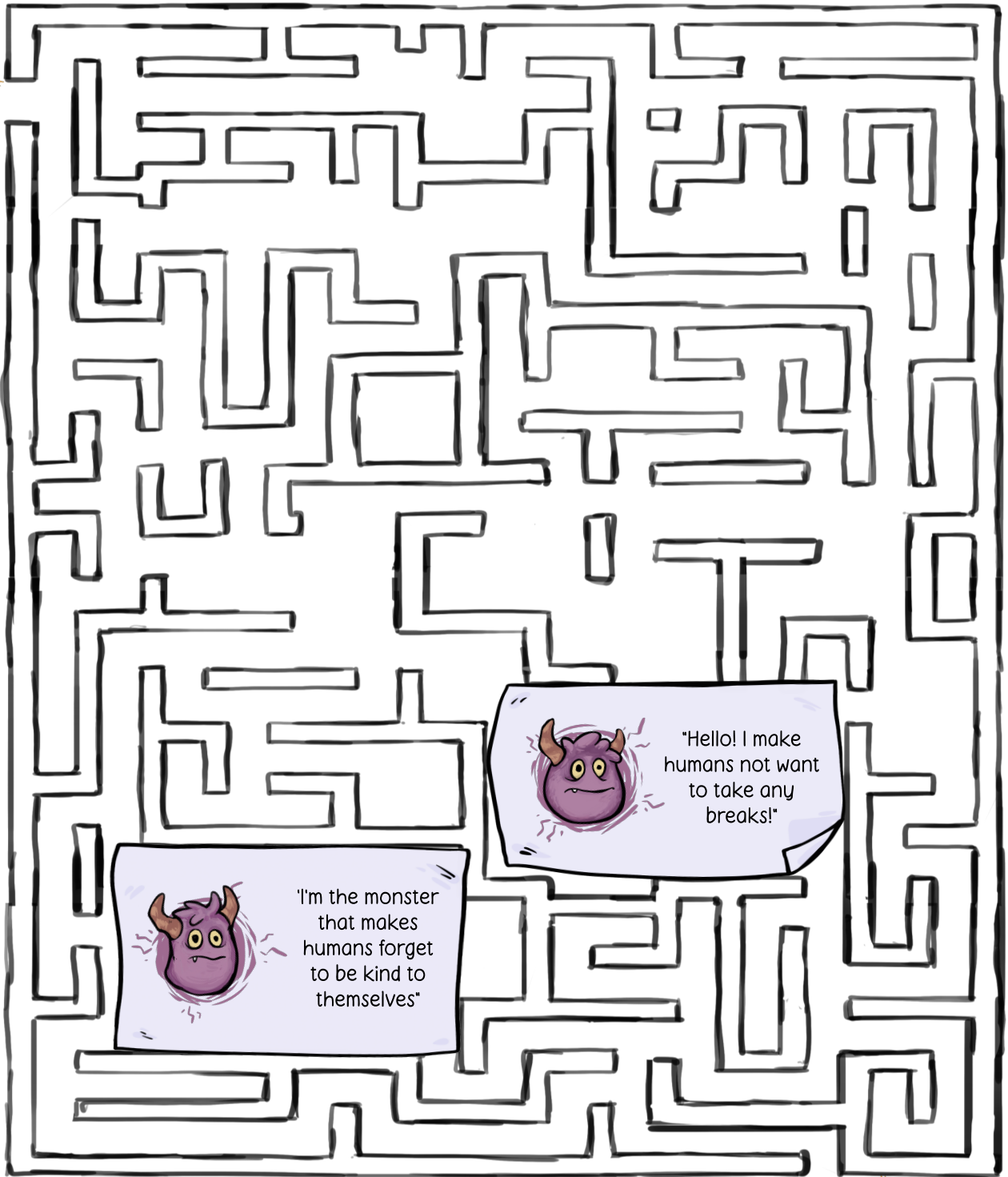


Greetings!

Your goal: reach the Happy Powerup.

Caution: don't stumble on monsters along the way!



MINDFUL BREATHING



When unpleasant feelings take over try taking a short break. Focusing on how the air fills your lungs when you breathe will help you relax and calm your mind.

You can give this technique a try next time you feel overwhelmed.

