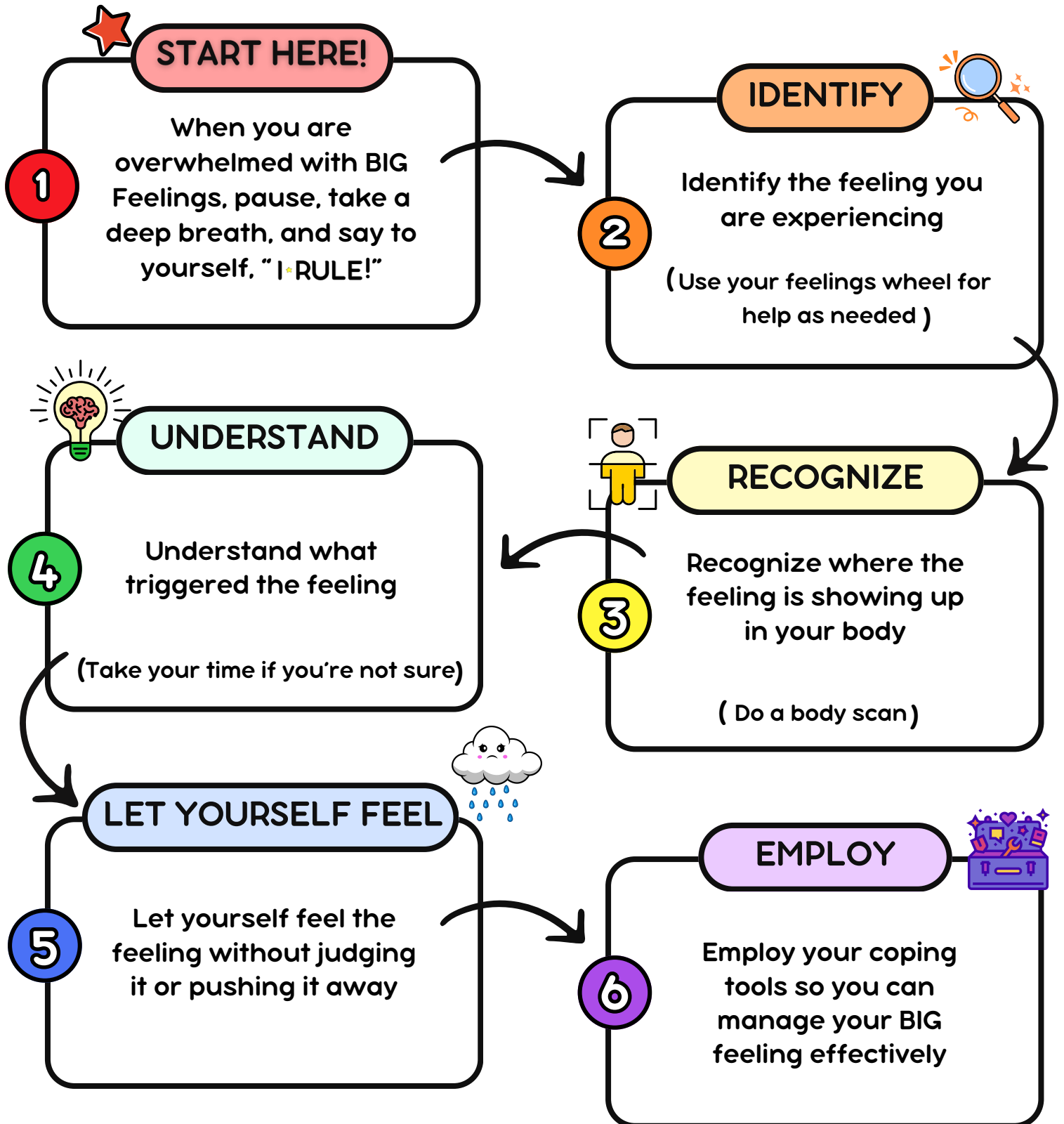


BIG Feelings

I-RULE : A Framework to Navigate Your BIG Feelings

★ BIG feelings can be overwhelming, but you are capable of responding with intention. ★
It takes a little bit of practice and a lot of self-compassion. You can do this!



Remember: You have the power to navigate your feelings!