

Cosa succede quando sono triste . . .

Mi sento
irritabile

Mal di
testa

Declino
accademico

Le attività
che amavo
non mi
interessano
più

Non riesco
dormire o
dormo
tanto

Non ho
fame

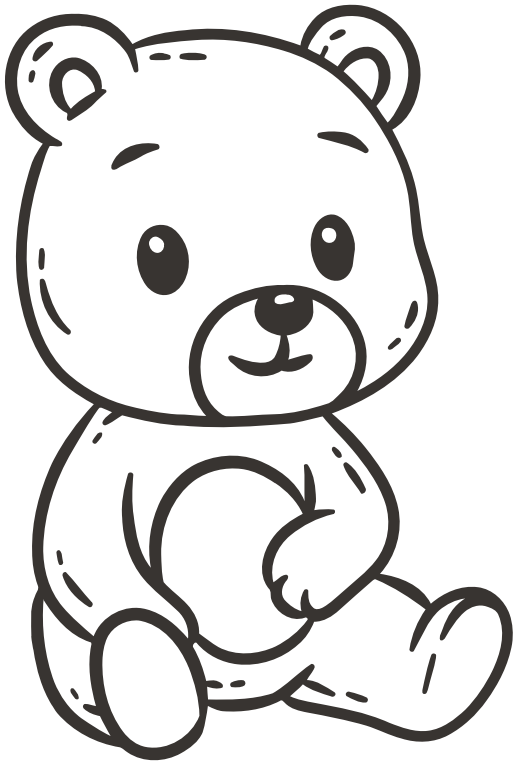
Piango più
spesso

Mi
sento
stanco

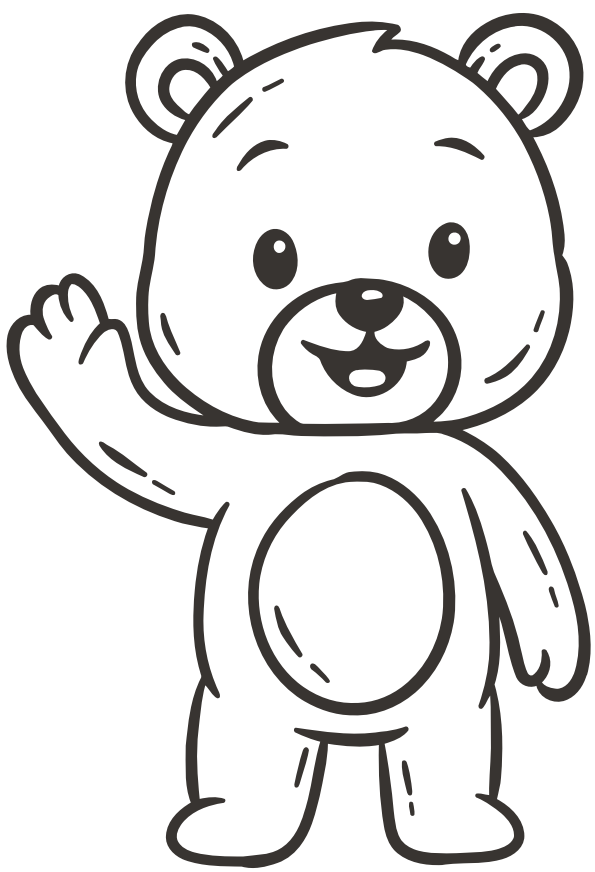


Quando mi sento triste, posso...

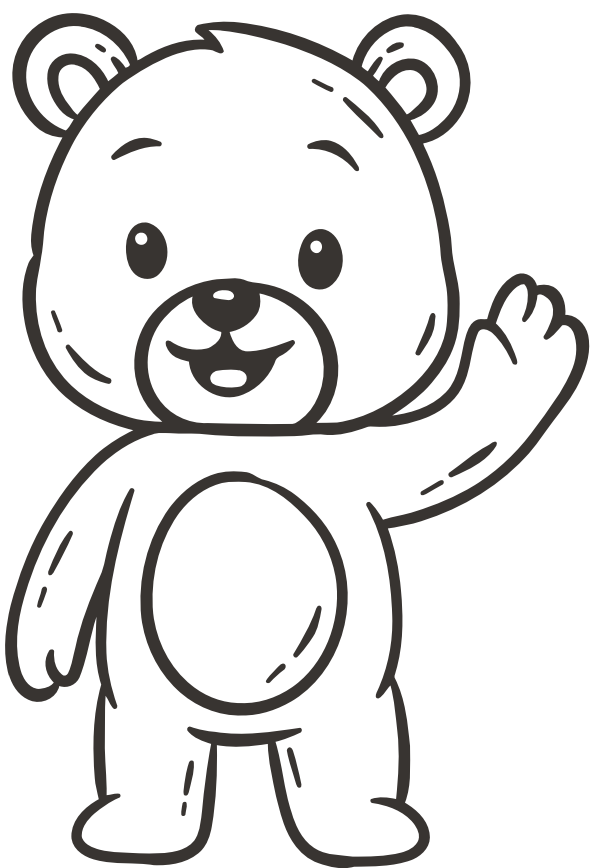
When I feel sad I can...



Pray



Tell an adult how I am
feeling



I can do physical activity



Spend time with people who
love me

Why are you cast down, O my soul and why are you in turmoil within me?
Hope in God; for I shall again praise him, my salvation and my God.
(Psalm 42:11)