



You Are a Gardener®

Got Weeds?

Pick a gardening tool!

Sad

Scared

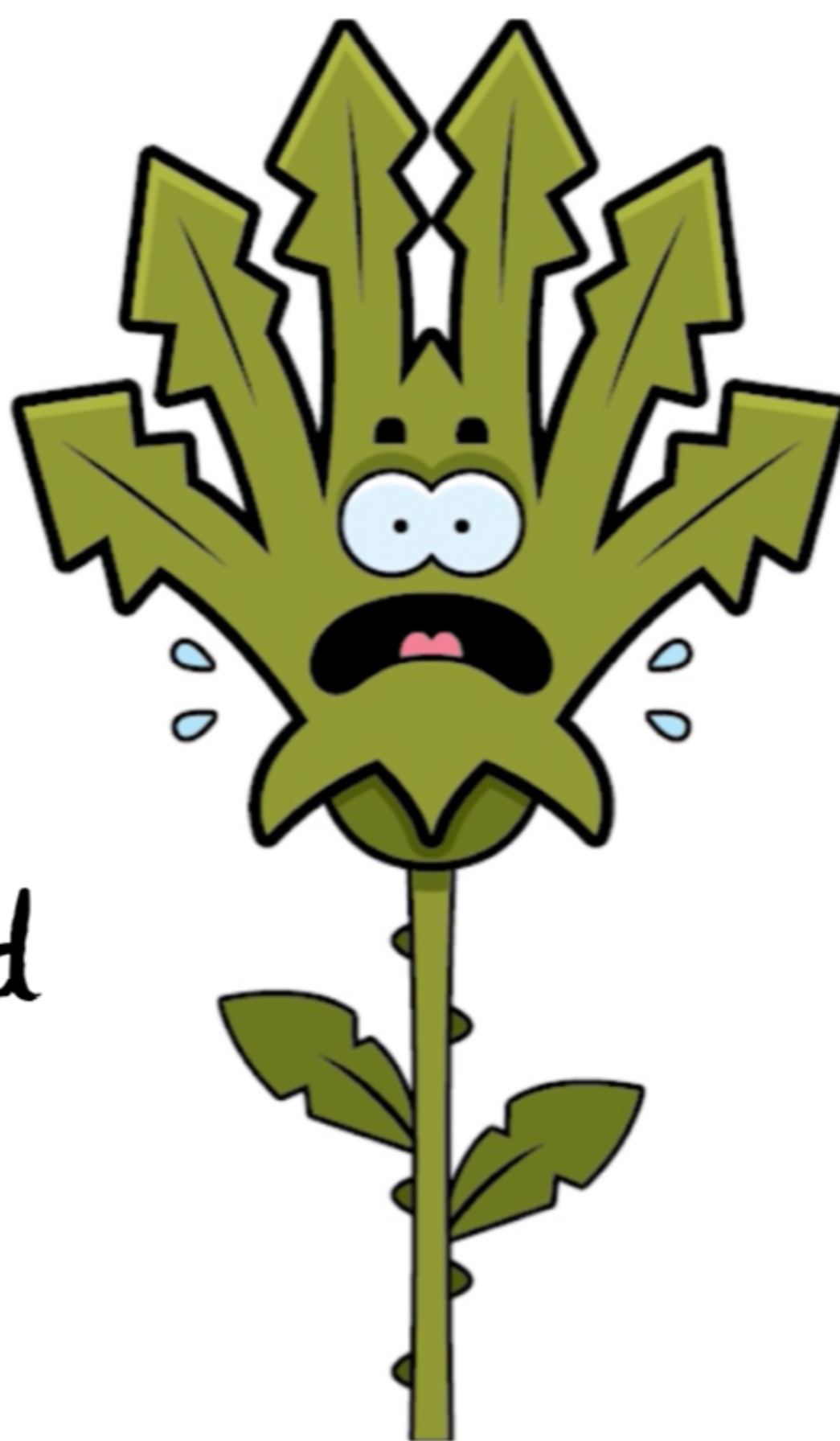
Mad

Frustrated

Overwhelmed

Left Out

Lonely



Take A Walk

Listen To

Music

Play A Game

Do A Craft

Take Deep

Breaths

#PullYourWeeds®

www.youareagardener.com