

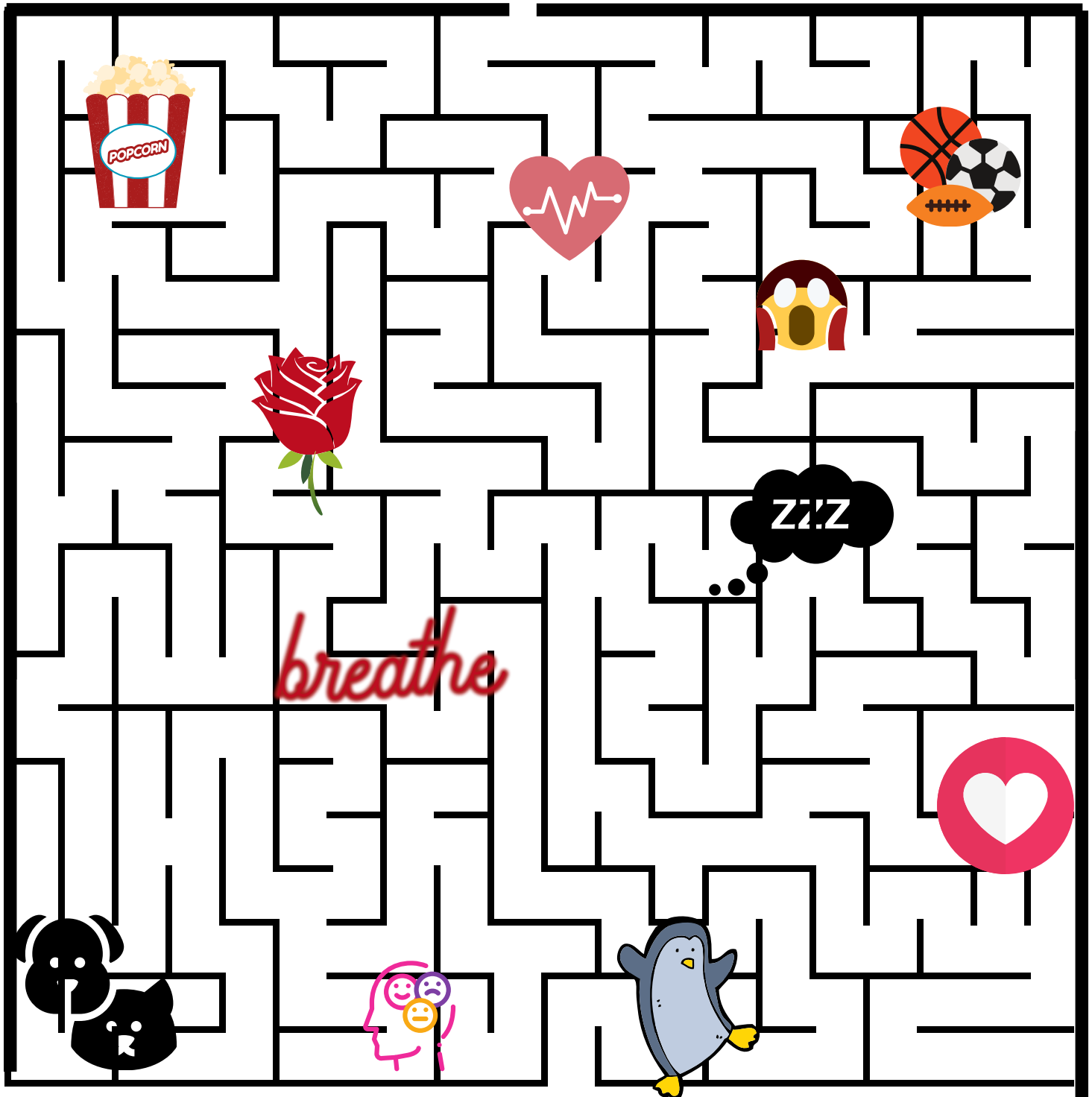
ENJOY YOUR JOURNEY

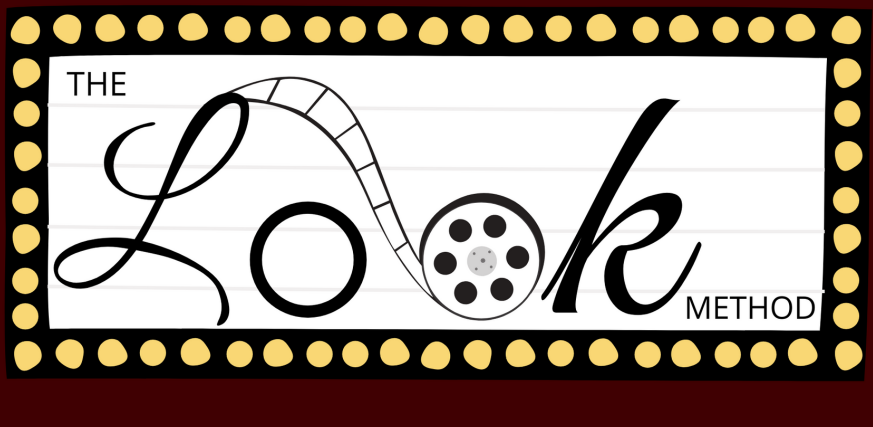
THE

Look

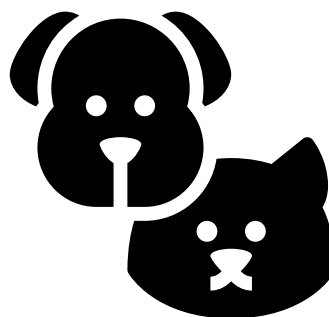
METHOD

ENJOY YOUR JOURNEY





ENJOY YOUR JOURNEY



PLAY
WITH AN
ANIMAL

STOP TO LOOK



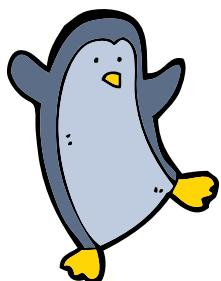
LOOK AT
YOUR HEALTH



STOP TO SMELL
THE ROSES



TAKE DEEP
BREATHS
OFTEN



TAKE A
DANCE BREAK



PROCESS
EMOTION



TAKE A
NAP



TRAUMA
BOOS!



WATCH A
MOVIE



TAKE TIME
FOR LOVE



PLAY A
GAME