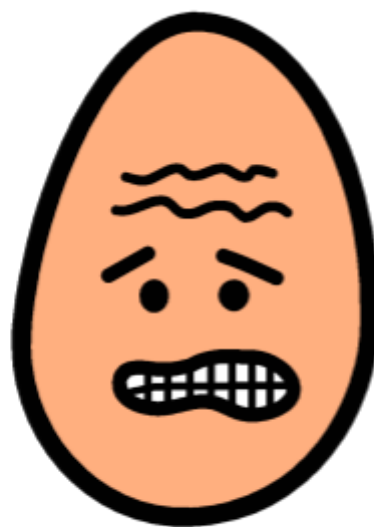


Sometimes there is a
change to my day.



Changes can make me feel anxious.