

## S T O R M S

| S,,through your storms.   |
|---|
| T There is no right length whatever you need to heal.                                 |
| On someone sometime.  |
| R Trust, empathy, and open communication make for reliable connections in our lives . |
| M Staying positive leads to motivation.   |
| S Learning to soar, rather than sink, from the storm.                                 |
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