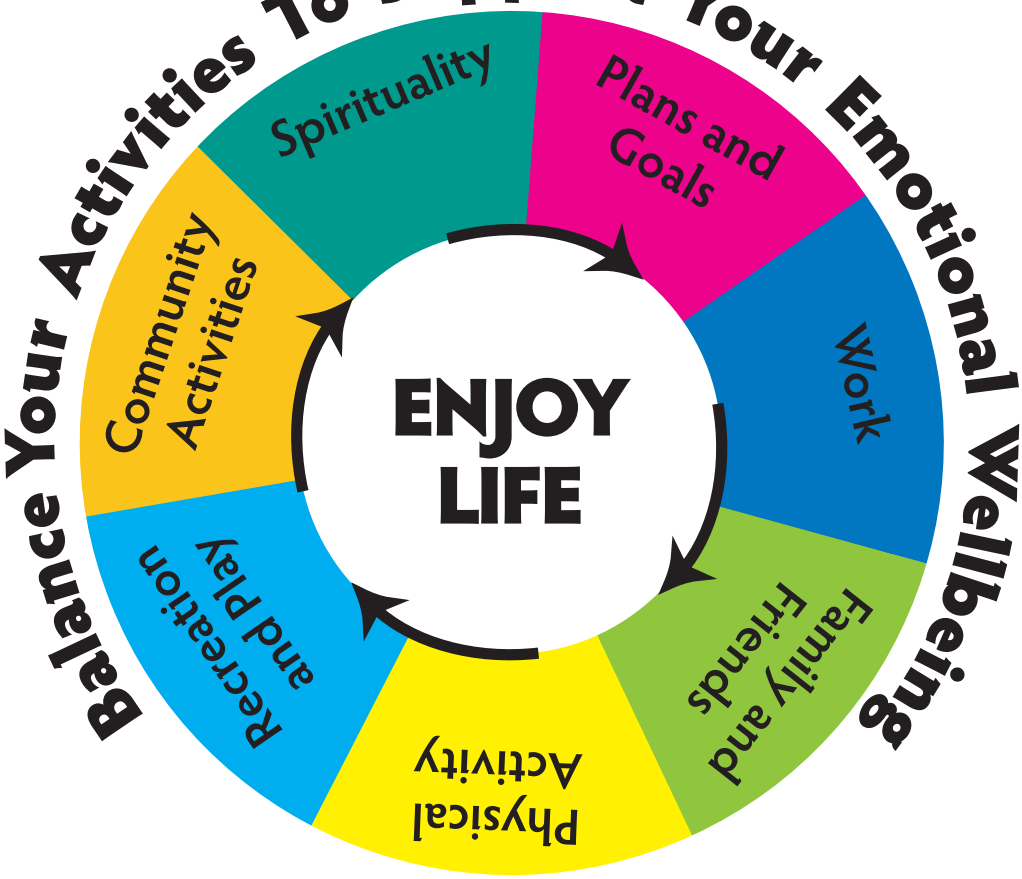Balance Your Activities To Support Your Emotional Wellbeing