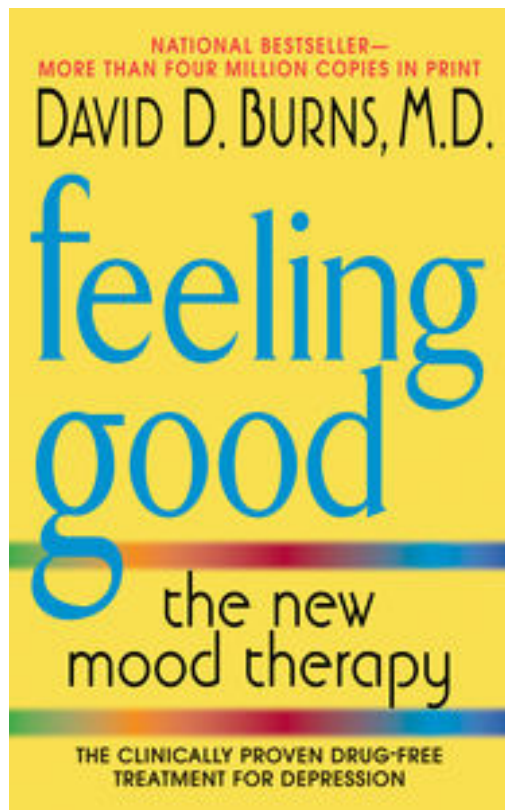


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Recognise what causes your mood swings.

Nip negative feelings in the bud.

Deal with guilt.

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Feel good everyday.

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