A SAFETY PLAN

Famous boyfriend
7:420 AT
VEMMO HER
VED TO PROM.
SHE DIDN'T GET
SHE IS STILL BUMMED
OF HER VENUS IN LIBRA.
SHE STAYED IN LIBRA.
SHE JUST HAD
ANOTHER BAD YEAR AND
SHES DOESN'T LIKE BROWN
AT BRYN MAWR COLLEGE.
Jomi Jeter is a Junior.

ME
THIS SHIT
IS FOR
Thank you for keeping our kitchen clean.

[Handwritten notes]

- SD is variance
- A SE = \frac{SE}{\sqrt{N}}
- \text{Percentage Error} = \frac{\text{P}(\text{E}) - \text{P}(\text{E})}{\text{P}(\text{E})} \times 100$
- \text{SE} = \sqrt{\frac{\text{P}(\text{E}) \times \text{N} \times \text{P}(\text{E})}{\text{N} - \text{P}(\text{E})}}$
- \text{SE} = \frac{\text{A} - \text{E}}{\text{SE} \times \text{N}}$
- \text{Sum of differences}$
Hurt me
Who has ever
Everyone
F*ck

You can tell I'm stressed when I do this:
Take note of which stresses bother you, and what you need to BREATHE.

- Crying is a long as I need to AND TAKE A BREAK.
- Wishing you could go and finding it somewhere
- Cutting on you music and pressing up
- WRITING in the side of the paper in its
- Throwing out stuff I don't need

THINGS THAT MAKE ME FEEL SAFE:

RELIEVE STRESS BY
ICS 404 - FT TRIPS

=\

When I'm down I can

+ Plan a themed party
+ Break Grass & clean it up
+ Help me fold laundry
+ Invite a friend to:...