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A Good Distraction

"I decided to take a picture of my favorite book... it's a series that I really like a lot. And books in general, um, I feel like helped me, um, either when I'm stressed or feel like I'm overwhelmed with, uh, emotions. Um, sometimes to get my mind off things, I read books to just try to get to do something.. And I... would say... reading can be good for your hands sometimes... especially, um, when it's a good story and just, like, it's engaging and stuff. I find it to be really helpful... I'm more of a graphic, um, novel type of person. But people can go with, like, you know, chapter books, all types of books that I think that can help people who are stressed or overwhelmed. ... the people on the cover is not necessarily, um, the people I relate to... But besides that... there's been plenty of books that I read that I felt like I related to, but this was just a -- um, that was the best thing to get my favorite book as a picture. It's the one I read often. ... sometimes, uh, during school, I bring books because, like, sometimes when on my own, I think that sometimes, um, I try to get it off my mind by reading something that I really like..."