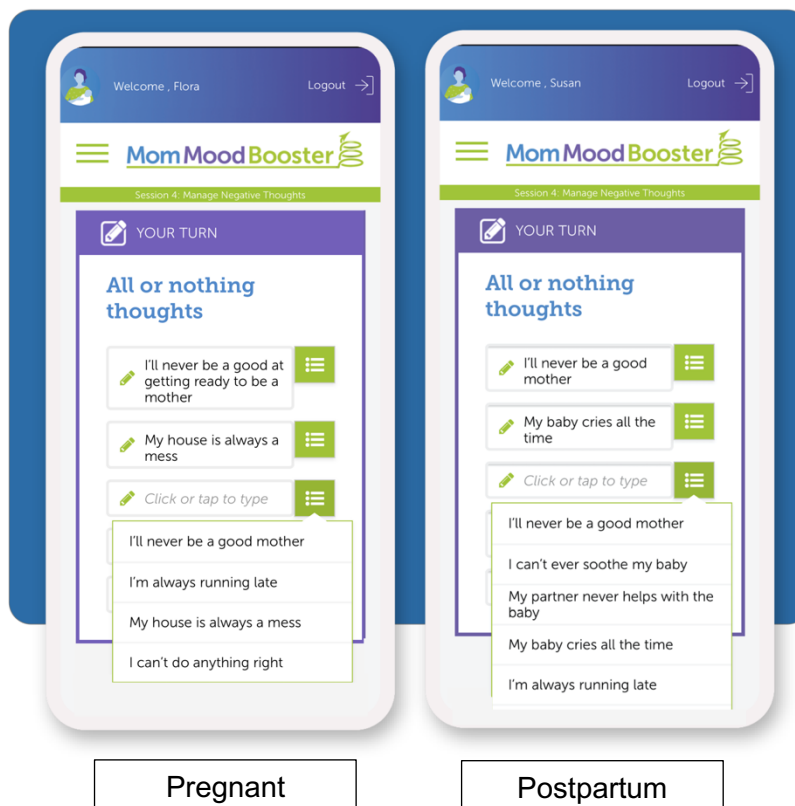
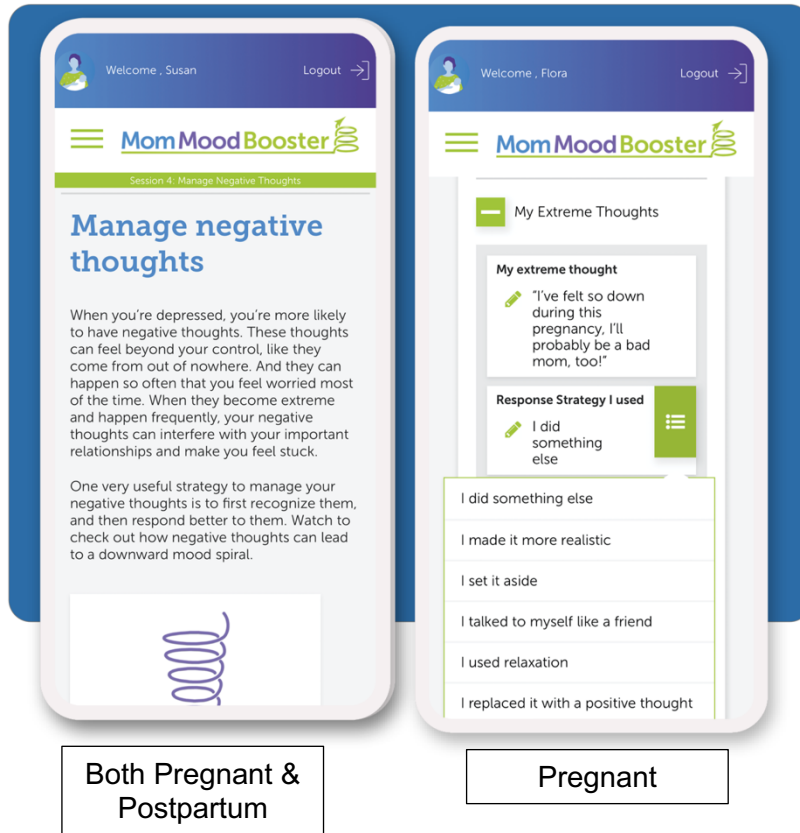


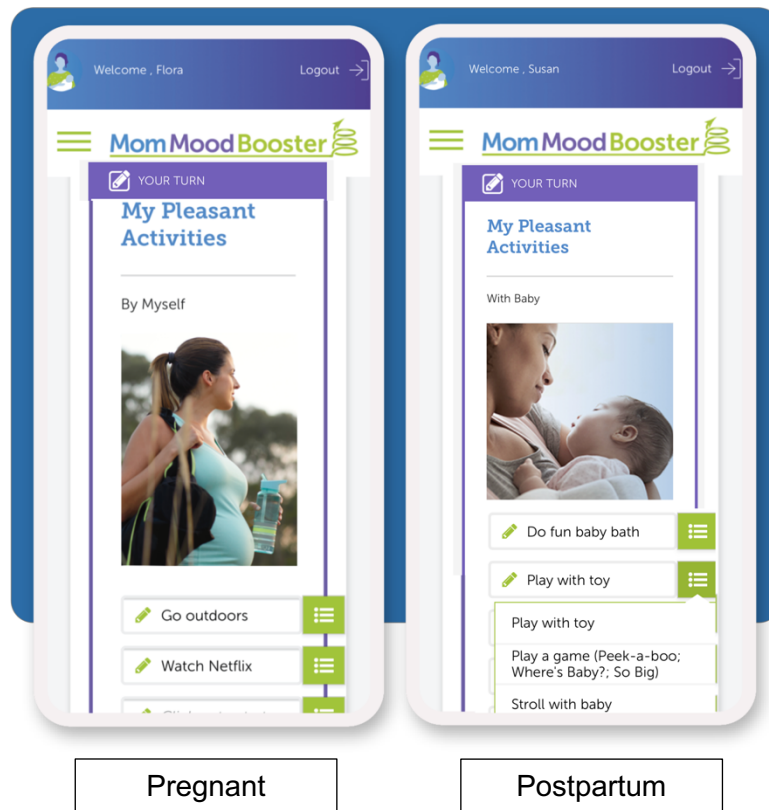
## Selected MomMoodBooster2 (MMB2) Screens

MMB2 sessions provide context, encourage personalization of recommended strategies to use in everyday routines. This document presents selected screen shots.

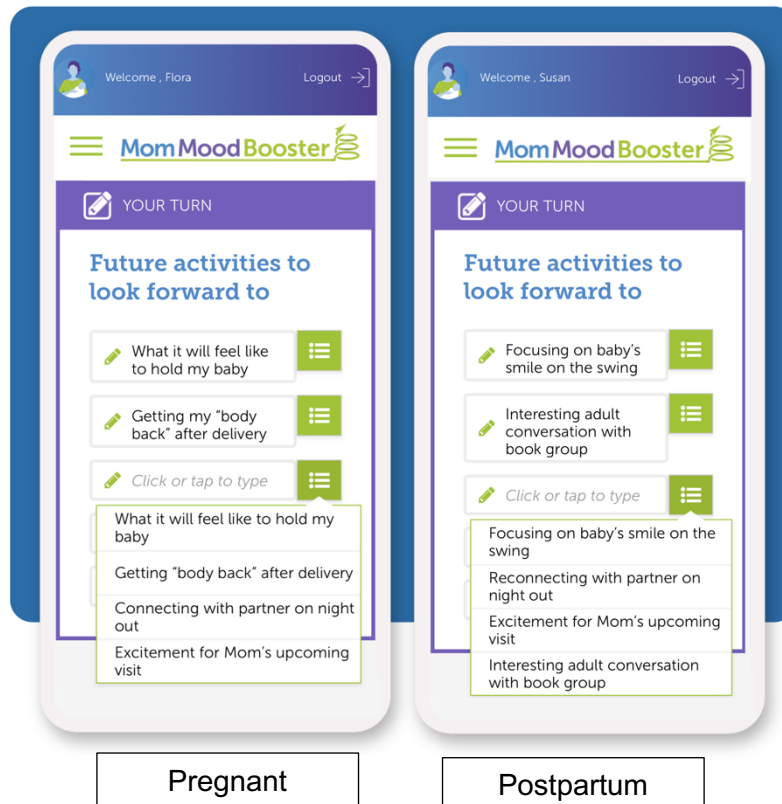
### Manage Negative Thoughts



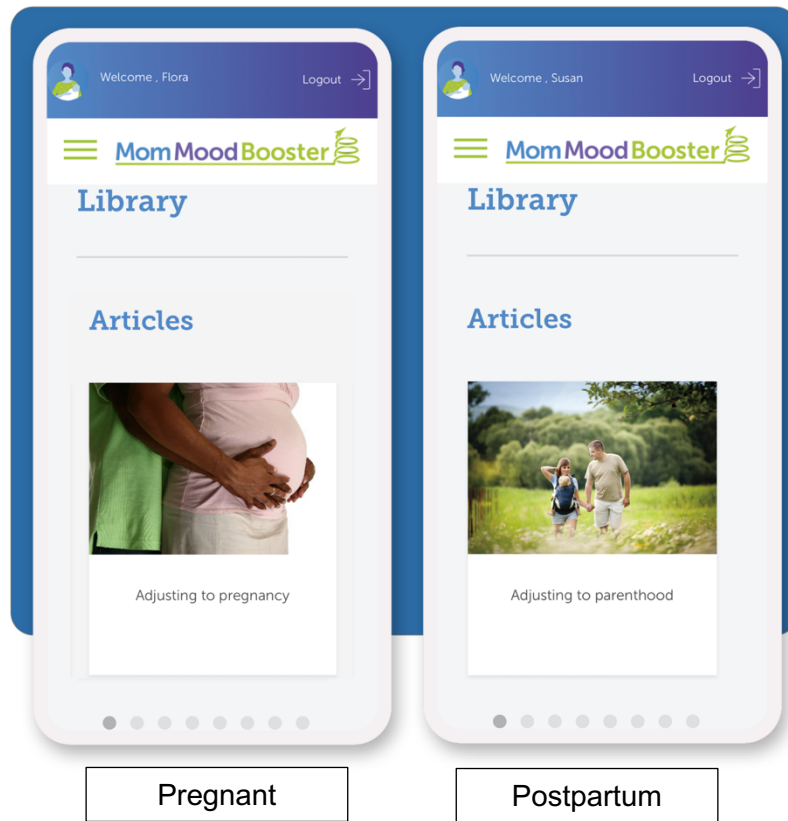
## Increase Pleasant Activities



## Increase Positive Thoughts



**MMB2 Library** presents articles, videos, and skill-practice audios



At the beginning of selected sessions, MMB2 periodically asks questions and/or provides ways for the user to track her mood and her everyday practice of pleasant activities:

