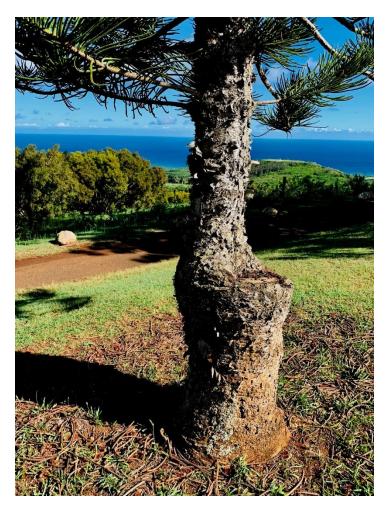
### From the Office of Krishna Kumar, M.D. (808) 332-8433

# From Devastation to Hope to Growth---



## **INSPIRATION FROM THE TREE**

#### **DEVASTATION**

- Destruction
- Effect of Ongoing Hurricanes, Wind storms,
- Rain storms and Lightening
- Almost Collapsed
- Almost Ruined

#### **HOPE**

Optimism due to Healing Powers Belief in the Strength Faith in the Universe Realization of Endurance Perseverance/Persistence

#### **My GROWTH**

Preserve what I have
Protect what I have
Courage to Overcome Emotional Turmoil
Healing from Depression, Anxiety, and Panic
Determination to Improve Emotional Health & Continue Journey of Life!