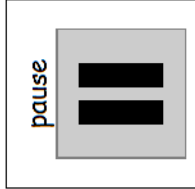
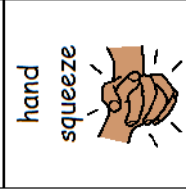


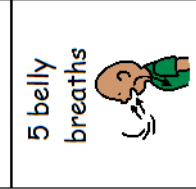
Calm Down



pause

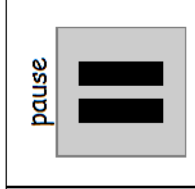


hand
squeeze

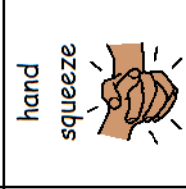


5 belly
breaths

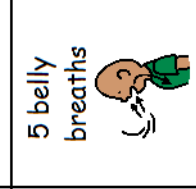
Calm Down



pause

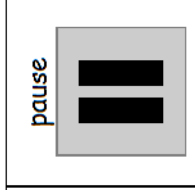


hand
squeeze

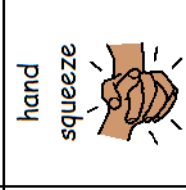


5 belly
breaths

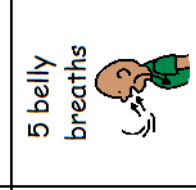
Calm Down



pause

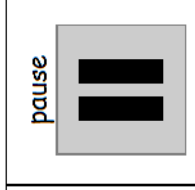


hand
squeeze

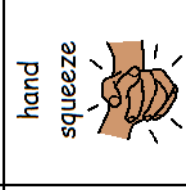


5 belly
breaths

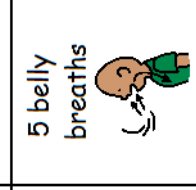
Calm Down



pause

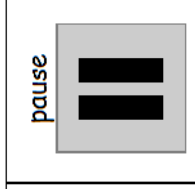


hand
squeeze

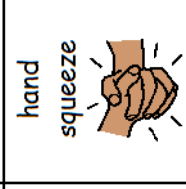


5 belly
breaths

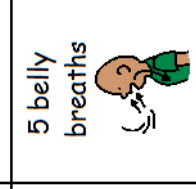
Calm Down



pause

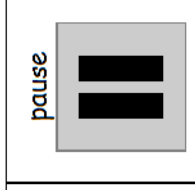


hand
squeeze

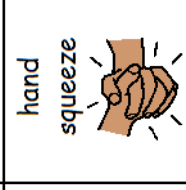


5 belly
breaths

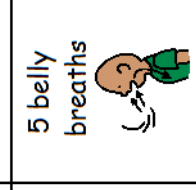
Calm Down



pause

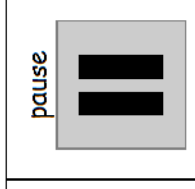


hand
squeeze

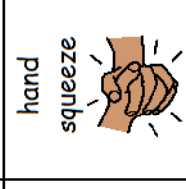


5 belly
breaths

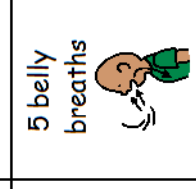
Calm Down



pause

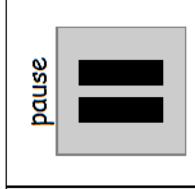


hand
squeeze

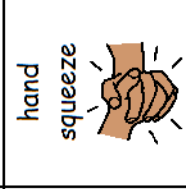


5 belly
breaths

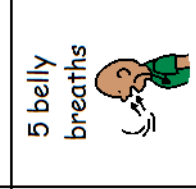
Calm Down



pause

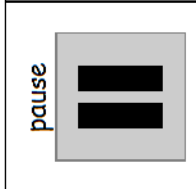


hand
squeeze

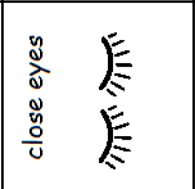


5 belly
breaths

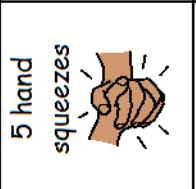
Calm Down



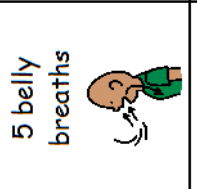
pause



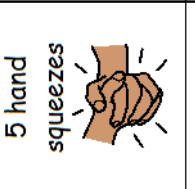
close eyes



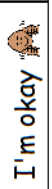
5 hand
squeezes



5 belly
breaths

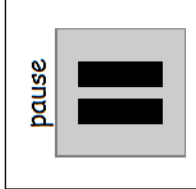


5 hand
squeezes

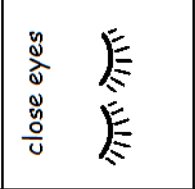


I'm okay

Calm Down



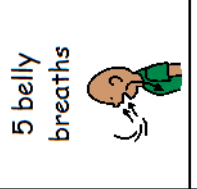
pause



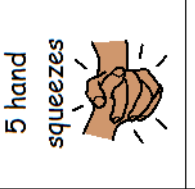
close eyes



5 hand
squeezes



5 belly
breaths

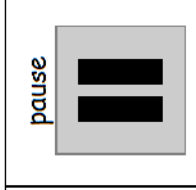


5 hand
squeezes

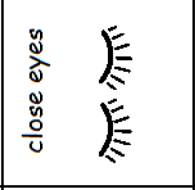


I'm okay

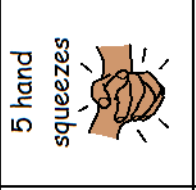
Calm Down



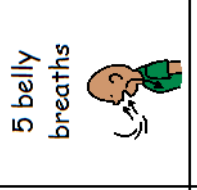
pause



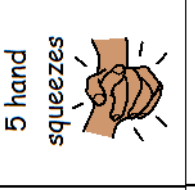
close eyes



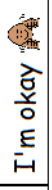
5 hand
squeezes



5 belly
breaths

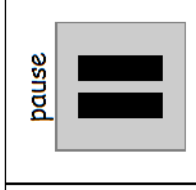


5 hand
squeezes

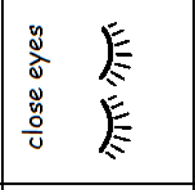


I'm okay

Calm Down



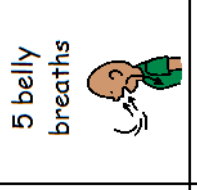
pause



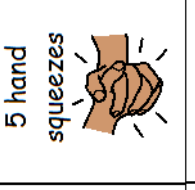
close eyes



5 hand
squeezes



5 belly
breaths

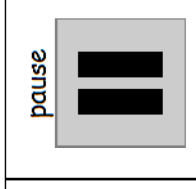


5 hand
squeezes

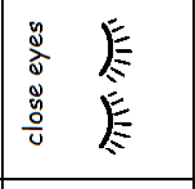


I'm okay

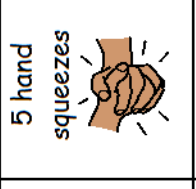
Calm Down



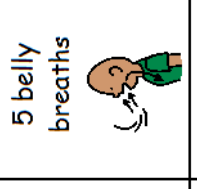
pause



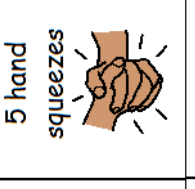
close eyes



5 hand
squeezes



5 belly
breaths

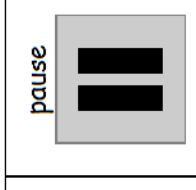


5 hand
squeezes

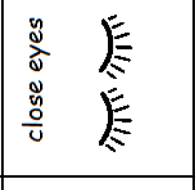


I'm okay

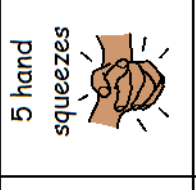
Calm Down



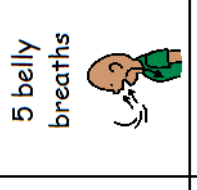
pause



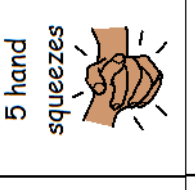
close eyes



5 hand
squeezes



5 belly
breaths

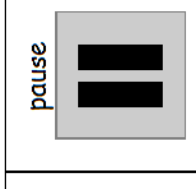


5 hand
squeezes

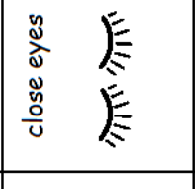


I'm okay

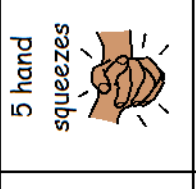
Calm Down



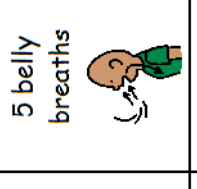
pause



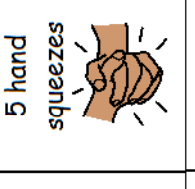
close eyes



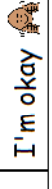
5 hand
squeezes



5 belly
breaths

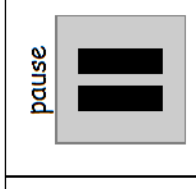


5 hand
squeezes

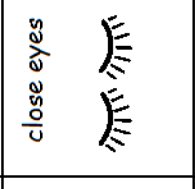


I'm okay

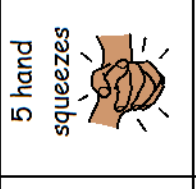
Calm Down



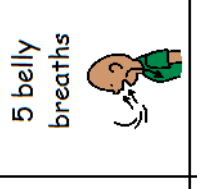
pause



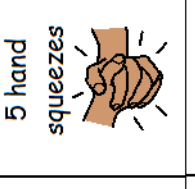
close eyes



5 hand
squeezes



5 belly
breaths



5 hand
squeezes



I'm okay