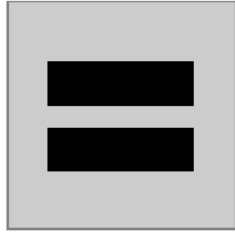


Calm Down

pause



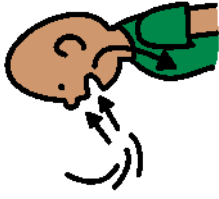
hand

squeeze



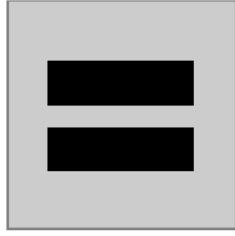
5 belly

breaths



Calm Down

pause



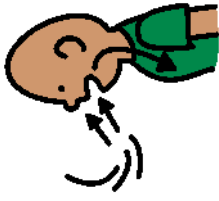
hand

squeeze



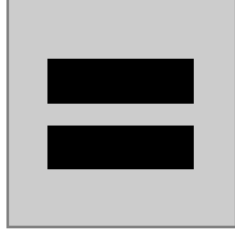
5 belly

breaths



Calm Down

pause



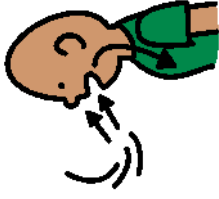
hand

squeeze



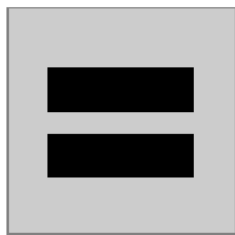
5 belly

breaths



Calm Down

pause



hand

squeeze



5 belly

breaths

