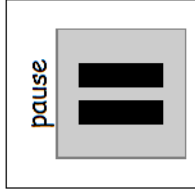
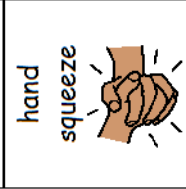


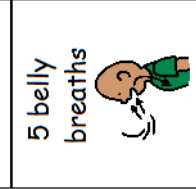
Calm Down



pause

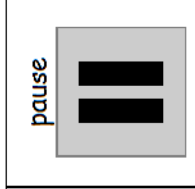


hand  
squeeze

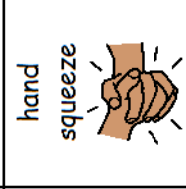


5 belly  
breaths

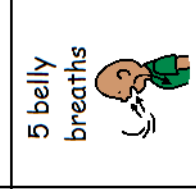
Calm Down



pause

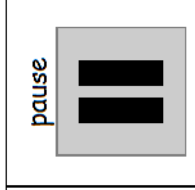


hand  
squeeze

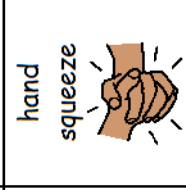


5 belly  
breaths

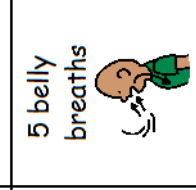
Calm Down



pause

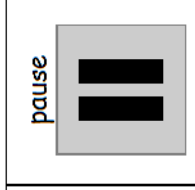


hand  
squeeze

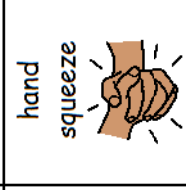


5 belly  
breaths

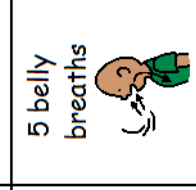
Calm Down



pause

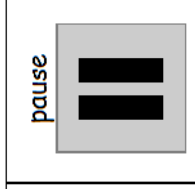


hand  
squeeze

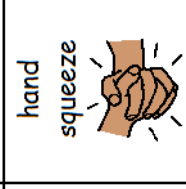


5 belly  
breaths

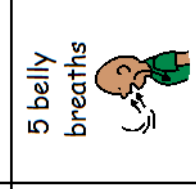
Calm Down



pause

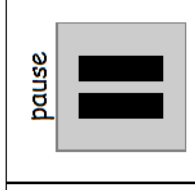


hand  
squeeze

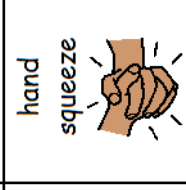


5 belly  
breaths

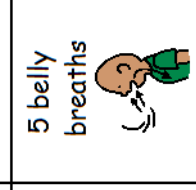
Calm Down



pause

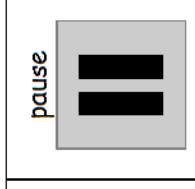


hand  
squeeze

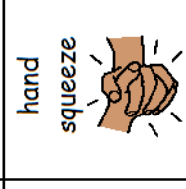


5 belly  
breaths

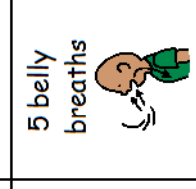
Calm Down



pause

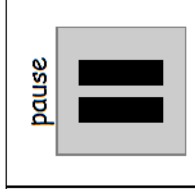


hand  
squeeze

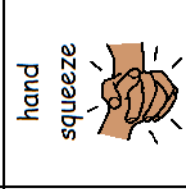


5 belly  
breaths

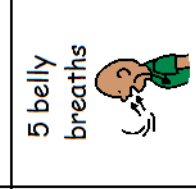
Calm Down



pause

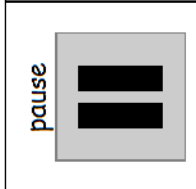


hand  
squeeze

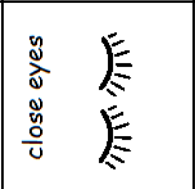


5 belly  
breaths

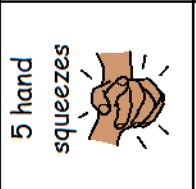
Calm Down



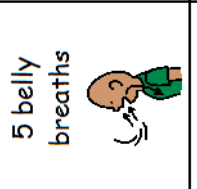
pause



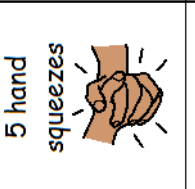
close eyes



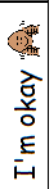
5 hand  
squeezes



5 belly  
breaths

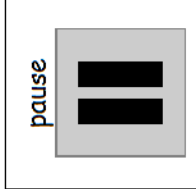


5 hand  
squeezes

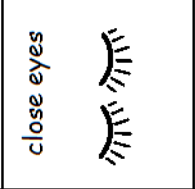


I'm okay

Calm Down



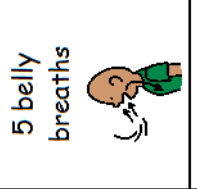
pause



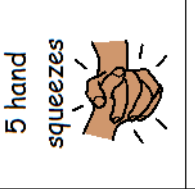
close eyes



5 hand  
squeezes



5 belly  
breaths

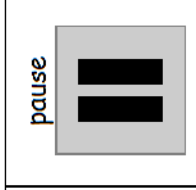


5 hand  
squeezes

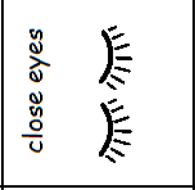


I'm okay

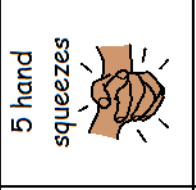
Calm Down



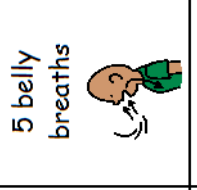
pause



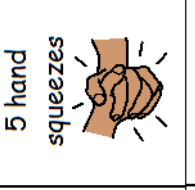
close eyes



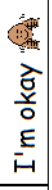
5 hand  
squeezes



5 belly  
breaths

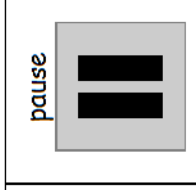


5 hand  
squeezes

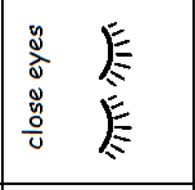


I'm okay

Calm Down



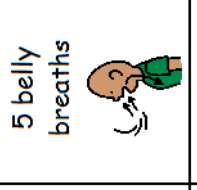
pause



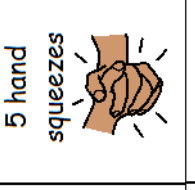
close eyes



5 hand  
squeezes



5 belly  
breaths

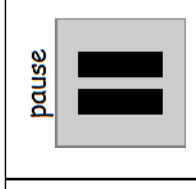


5 hand  
squeezes

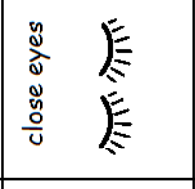


I'm okay

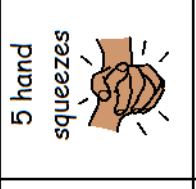
Calm Down



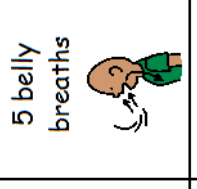
pause



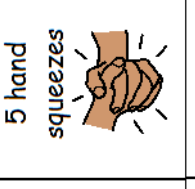
close eyes



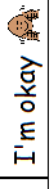
5 hand  
squeezes



5 belly  
breaths

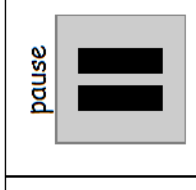


5 hand  
squeezes

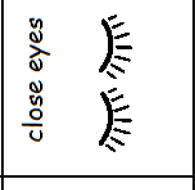


I'm okay

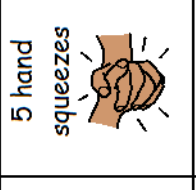
Calm Down



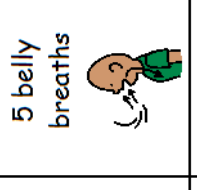
pause



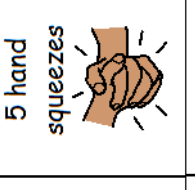
close eyes



5 hand  
squeezes



5 belly  
breaths

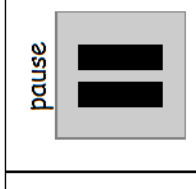


5 hand  
squeezes

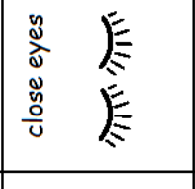


I'm okay

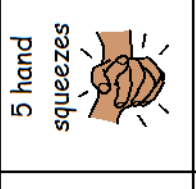
Calm Down



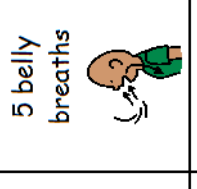
pause



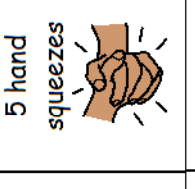
close eyes



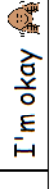
5 hand  
squeezes



5 belly  
breaths

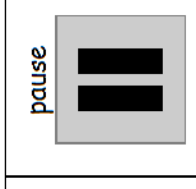


5 hand  
squeezes

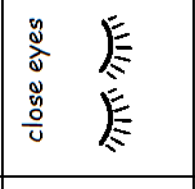


I'm okay

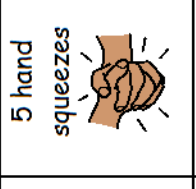
Calm Down



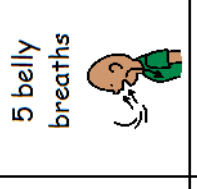
pause



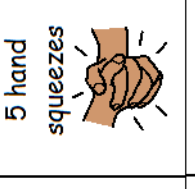
close eyes



5 hand  
squeezes



5 belly  
breaths



5 hand  
squeezes



I'm okay