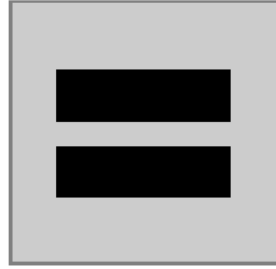


Calm Down



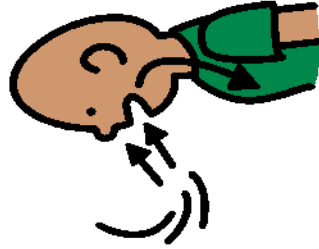
pause



close eyes



5 hand squeezes



5 belly breaths



5 hand squeezes



I'm okay