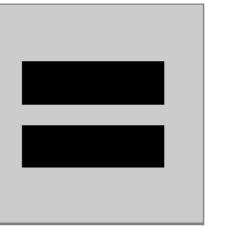
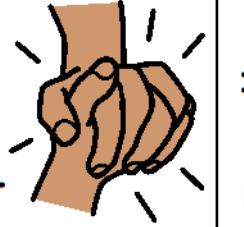
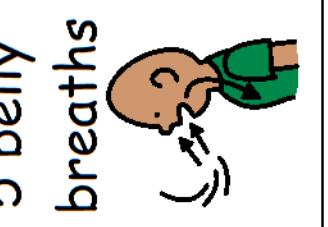
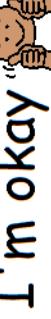
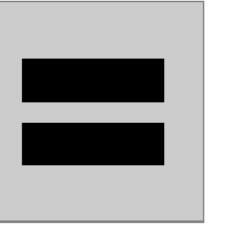
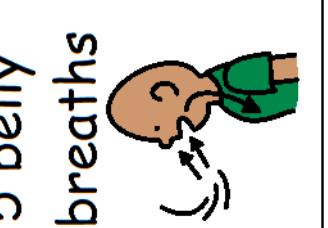
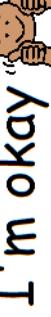
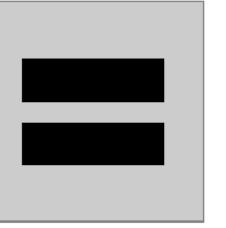
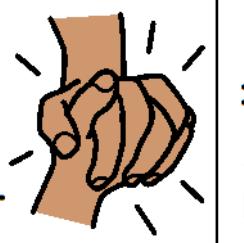
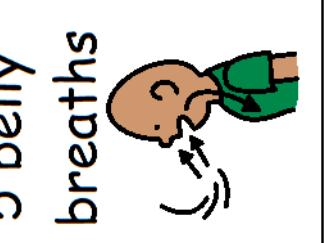
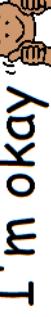


Calm Down	Calm Down	Calm Down	Calm Down	Calm Down	Calm Down	Calm Down	Calm Down
pause	pause	close eyes	close eyes	5 hand squeezes	5 belly breaths	5 hand squeezes	I'm okay
							
pause	close eyes	5 hand squeezes	5 belly breaths	5 hand squeezes	5 belly breaths	5 hand squeezes	I'm okay
							
pause	close eyes	5 hand squeezes	5 belly breaths	5 hand squeezes	5 belly breaths	5 hand squeezes	I'm okay
							
pause	close eyes	5 hand squeezes	5 belly breaths	5 hand squeezes	5 belly breaths	5 hand squeezes	I'm okay
