

Calm Down

Calm Down

Calm Down

Calm Down

Calm Down

Calm Down

Calm Down

Calm Down

Calm Down

Calm Down

pause

pause

pause

pause

pause

pause

pause

pause

pause

pause

hand squeeze

hand squeeze

hand squeeze

hand squeeze

hand squeeze

close eyes

close eyes

close eyes

close eyes

close eyes

5 belly breaths

5 belly breaths

5 belly breaths

5 belly breaths

5 belly breaths

5 hand squeezes

5 hand squeezes

5 hand squeezes

5 hand squeezes

5 hand squeezes

try again

try again

try again

try again

try again

5 belly breaths

5 belly breaths

5 belly breaths

5 belly breaths

5 belly breaths

5 hand squeezes

5 hand squeezes

5 hand squeezes

5 hand squeezes

5 hand squeezes

try again

try again

try again

try again

try again

I'm okay 🧘

I'm okay 🧘

I'm okay 🧘

I'm okay 🧘

I'm okay 🧘