











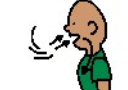












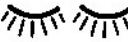
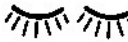
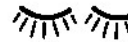




























Calm Down Calm Down Calm Down Calm Down Calm Down

pause 	pause 	pause 	pause 	pause 
hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 
5 belly breaths 	5 belly breaths 	5 belly breaths 	5 belly breaths 	5 belly breaths 
rewind 	rewind 	rewind 	rewind 	rewind 

Calm Down Calm Down Calm Down Calm Down Calm Down

pause 	pause 	pause 	pause 	pause 
close eyes 	close eyes 	close eyes 	close eyes 	close eyes 
5 hand squeezes 	5 hand squeezes 	5 hand squeezes 	5 hand squeezes 	5 hand squeezes 
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 
rewind 	rewind 	rewind 	rewind 	rewind 
I'm okay 	I'm okay 	I'm okay 	I'm okay 	I'm okay 