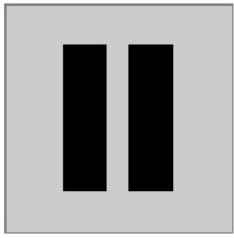


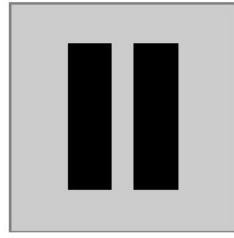
Calm Down

pause



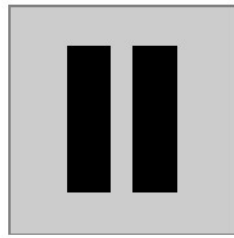
Calm Down

pause



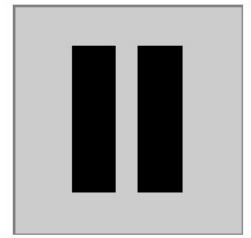
Calm Down

pause



Calm Down

pause



**hand
squeeze**



**hand
squeeze**



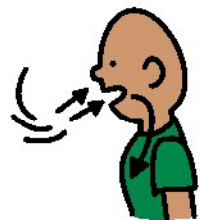
**hand
squeeze**



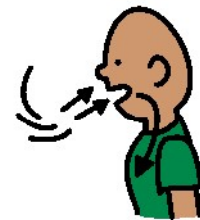
**hand
squeeze**



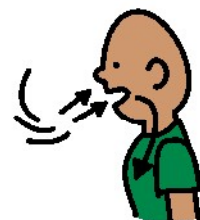
**5 belly
breaths**



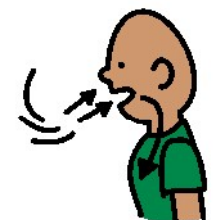
**5 belly
breaths**



**5 belly
breaths**



**5 belly
breaths**



rewind



rewind



rewind



rewind

