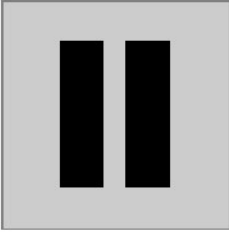
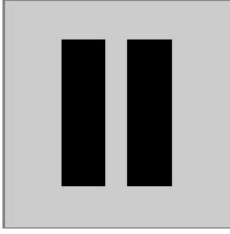
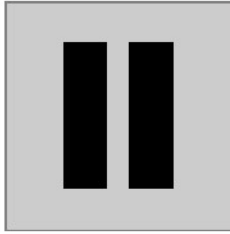
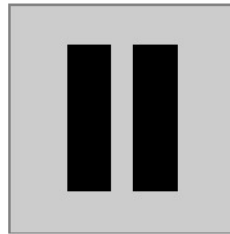




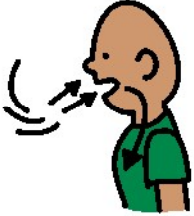
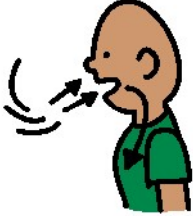
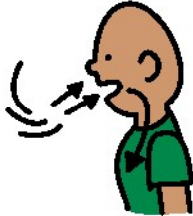
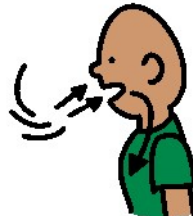





Calm Down	Calm Down	Calm Down	Calm Down
pause 	pause 	pause 	pause 
hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 
5 belly breaths 	5 belly breaths 	5 belly breaths 	5 belly breaths 
try again 	try again 	try again 	try again 