

Calm Down

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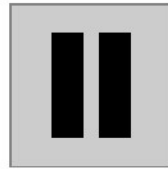
pause



pause



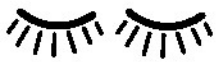
pause



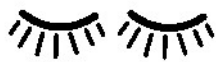
pause



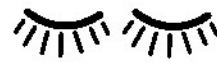
close eyes



close eyes



close eyes



close eyes



5 hand  
squeezes



5 hand  
squeezes



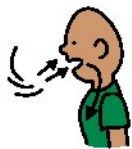
5 hand  
squeezes



5 hand  
squeezes



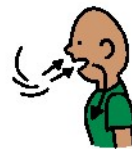
5 belly  
breaths



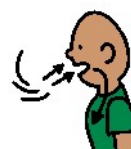
5 belly  
breaths



5 belly  
breaths



5 belly  
breaths



5 hand  
squeezes



5 hand  
squeezes



5 hand  
squeezes



5 hand  
squeezes



rewind



rewind



rewind



rewind



I'm okay



I'm okay



I'm okay



I'm okay

