

Calm Down

Calm Down

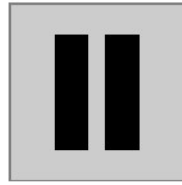
Calm Down

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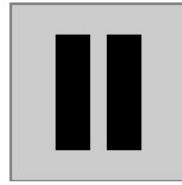
pause



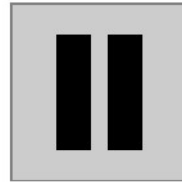
pause



pause



pause



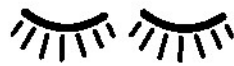
close eyes



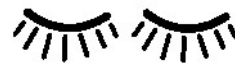
close eyes



close eyes



close eyes



5 hand squeezes



5 hand squeezes



5 hand squeezes



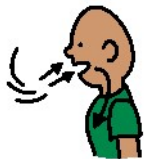
5 hand squeezes



5 belly breaths



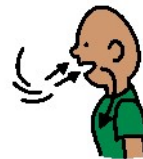
5 belly breaths



5 belly breaths



5 belly breaths



5 hand squeezes



5 hand squeezes



5 hand squeezes



5 hand squeezes



try again



try again



try again



try again



I'm okay



I'm okay



I'm okay



I'm okay

