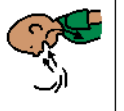
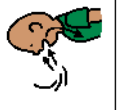
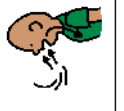
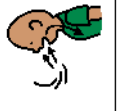
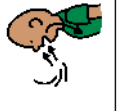
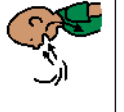
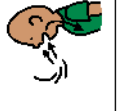
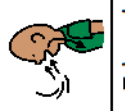
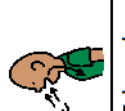
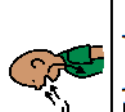
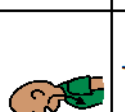
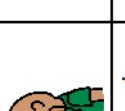
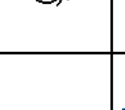
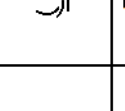
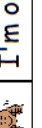
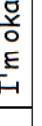


Calm Down	Calm Down	Calm Down	Calm Down	Calm Down	Calm Down	Calm Down	Calm Down
pause 	pause 	pause 	pause 	pause 	pause 	pause 	pause 
hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 
5 belly breaths 	5 belly breaths 	5 belly breaths 	5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

Calm Down	Calm Down	Calm Down	Calm Down	Calm Down	Calm Down	Calm Down	Calm Down
pause 	close eyes 	5 hand squeezes 	5 belly breaths 	5 hand squeezes 	I'm okay 	pause 	close eyes 
close eyes 	5 hand squeezes 	5 belly breaths 	5 hand squeezes 	I'm okay 	5 hand squeezes 	5 belly breaths 	5 hand squeezes 
5 hand squeezes 	5 belly breaths 	5 hand squeezes 	I'm okay 	5 hand squeezes 	5 belly breaths 	5 hand squeezes 	I'm okay 
5 belly breaths 	5 hand squeezes 	I'm okay 	5 hand squeezes 	5 belly breaths 	5 hand squeezes 	I'm okay 	5 hand squeezes 
5 hand squeezes 	5 belly breaths 	5 hand squeezes 	I'm okay 	5 hand squeezes 	5 belly breaths 	5 hand squeezes 	I'm okay 