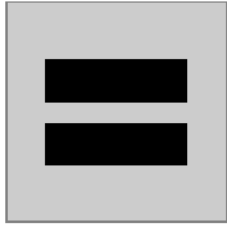


Calm Down

pause



close eyes



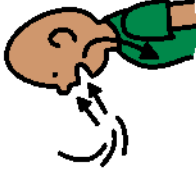
5 hand

squeezes



5 belly

breaths



5 hand

squeezes

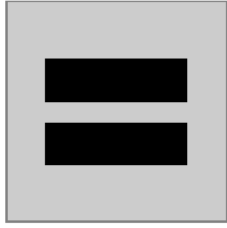


I'm okay



Calm Down

pause



close eyes



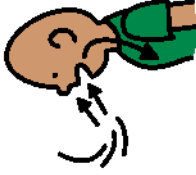
5 hand

squeezes



5 belly

breaths



5 hand

squeezes

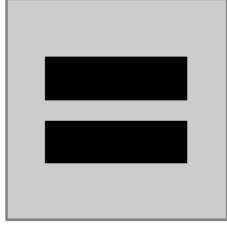


I'm okay



Calm Down

pause



close eyes



5 hand

squeezes



5 belly

breaths



5 hand

squeezes

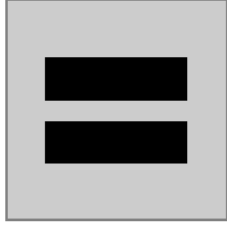


I'm okay



Calm Down

pause



close eyes



5 hand

squeezes



5 belly

breaths



5 hand

squeezes



I'm okay

