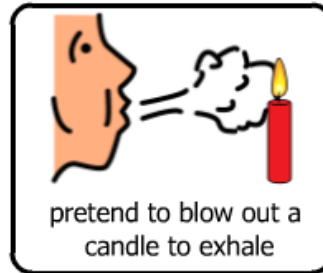
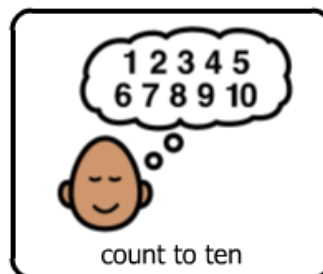


Strategies To Help Me Calm Down

CALM BREATHING



CALM THOUGHTS



CALM MUSCLES

