

How to Show I am Calm



sit down



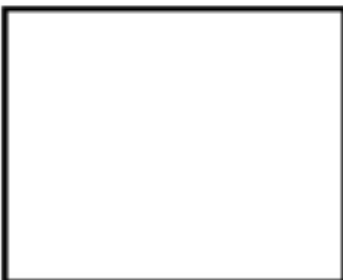
put hands on lap



take deep breaths



use my words



use a quiet voice