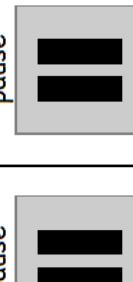
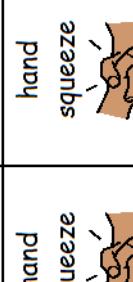
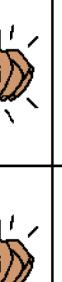
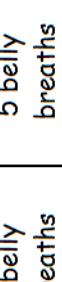
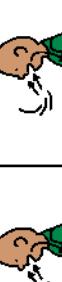
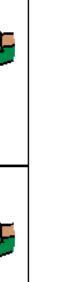
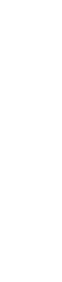
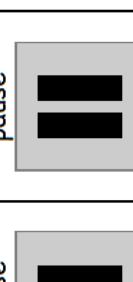
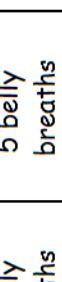
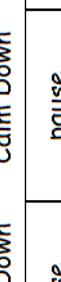
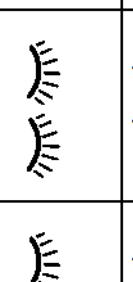
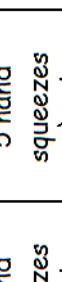
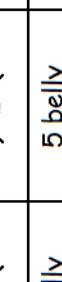
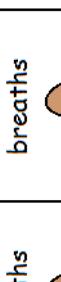
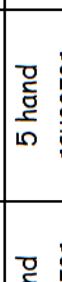
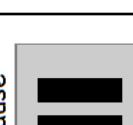
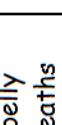
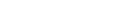


Calm Down		Calm Down		Calm Down		Calm Down		Calm Down		Calm Down	
pause		pause		hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 	5 belly breaths 	5 belly breaths 	5 belly breaths 	5 belly breaths 
pause		pause		hand squeeze 	hand squeeze 	hand squeeze 	hand squeeze 	5 belly breaths 	5 belly breaths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