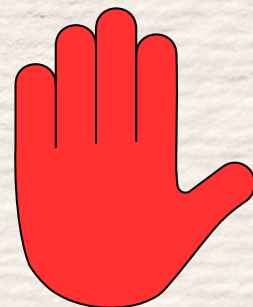


Calm Down Steps

1



Stop



2



Breathe



3



Take a Break



4

Ready to Try

