

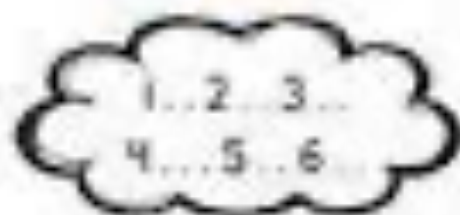
I Can Calm Myself

Take deep breaths

Smell the flowers



Blow out the candle



Count slowly

Relax my body

