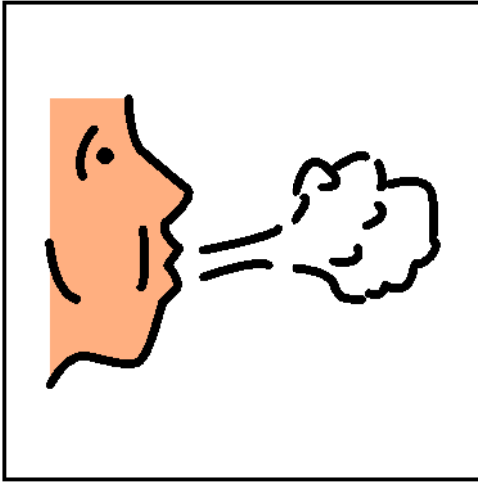
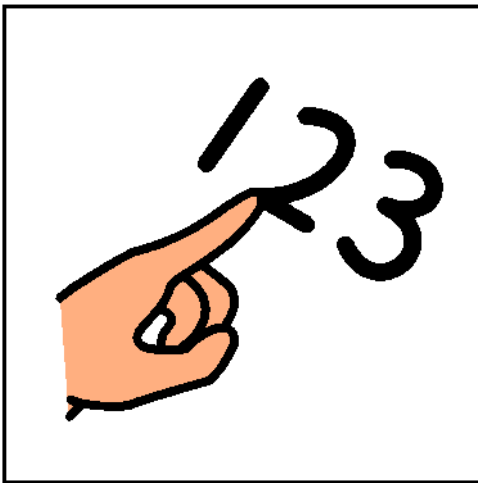


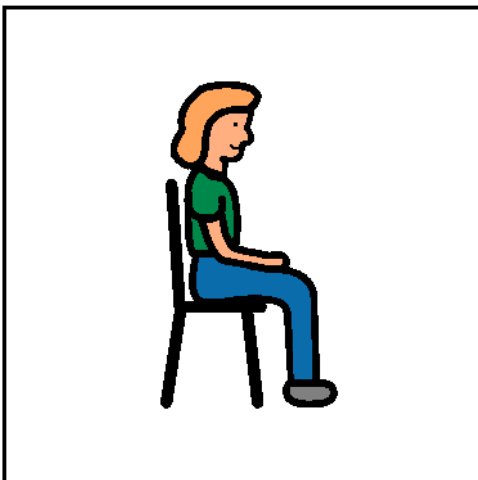
Calm Down



take a deep breath



count to 5



rest in my chair