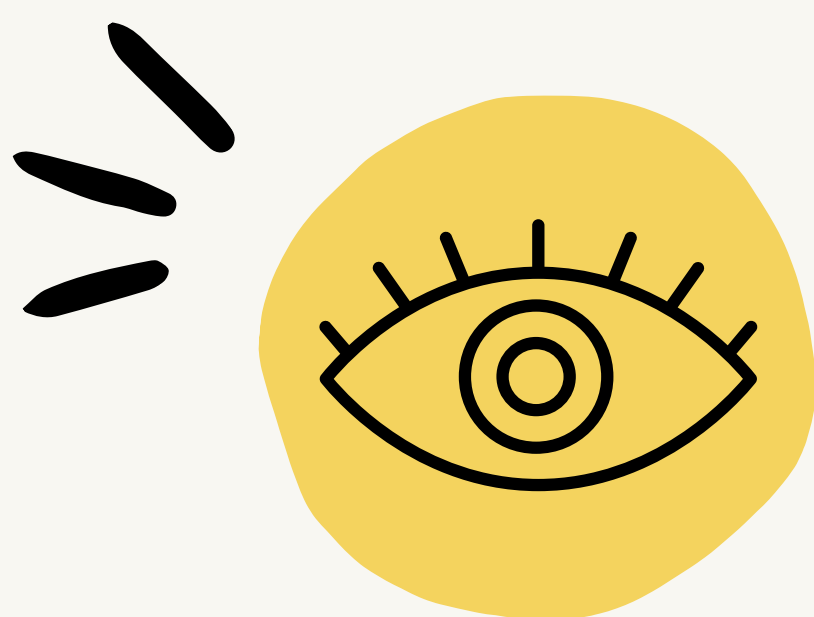
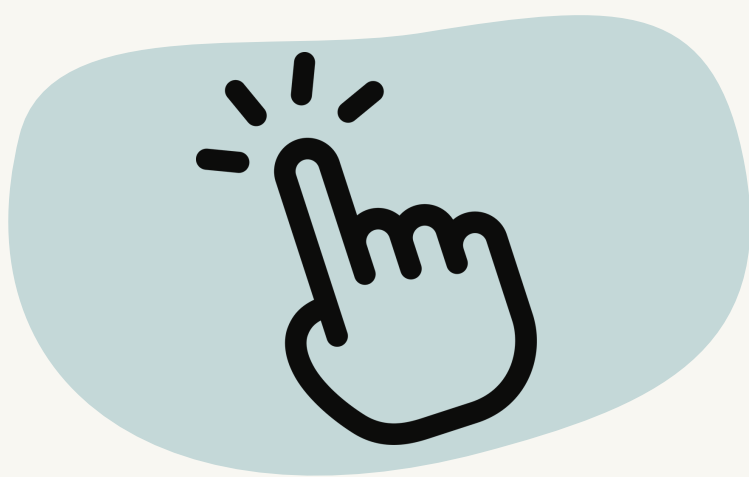


FEELING OVERWHELMED?
TRY THESE CALMING
STRATEGIES

Stop
BREATHE
& THINK



5 THINGS YOU CAN SEE



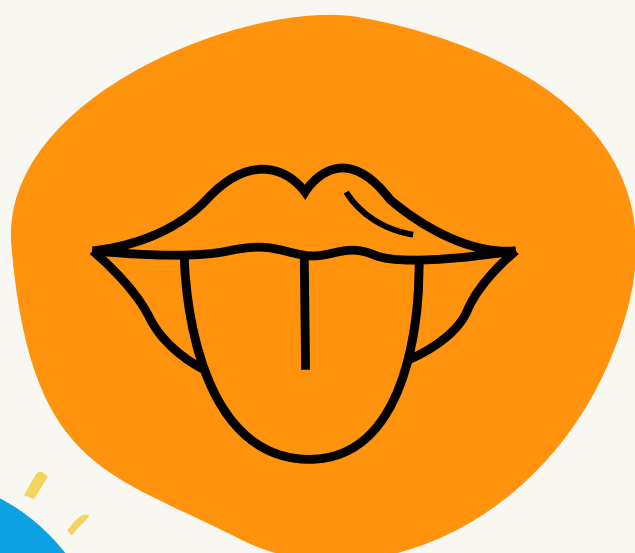
4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



relax