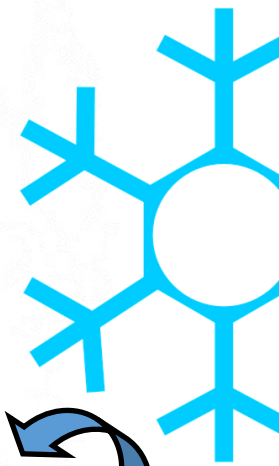
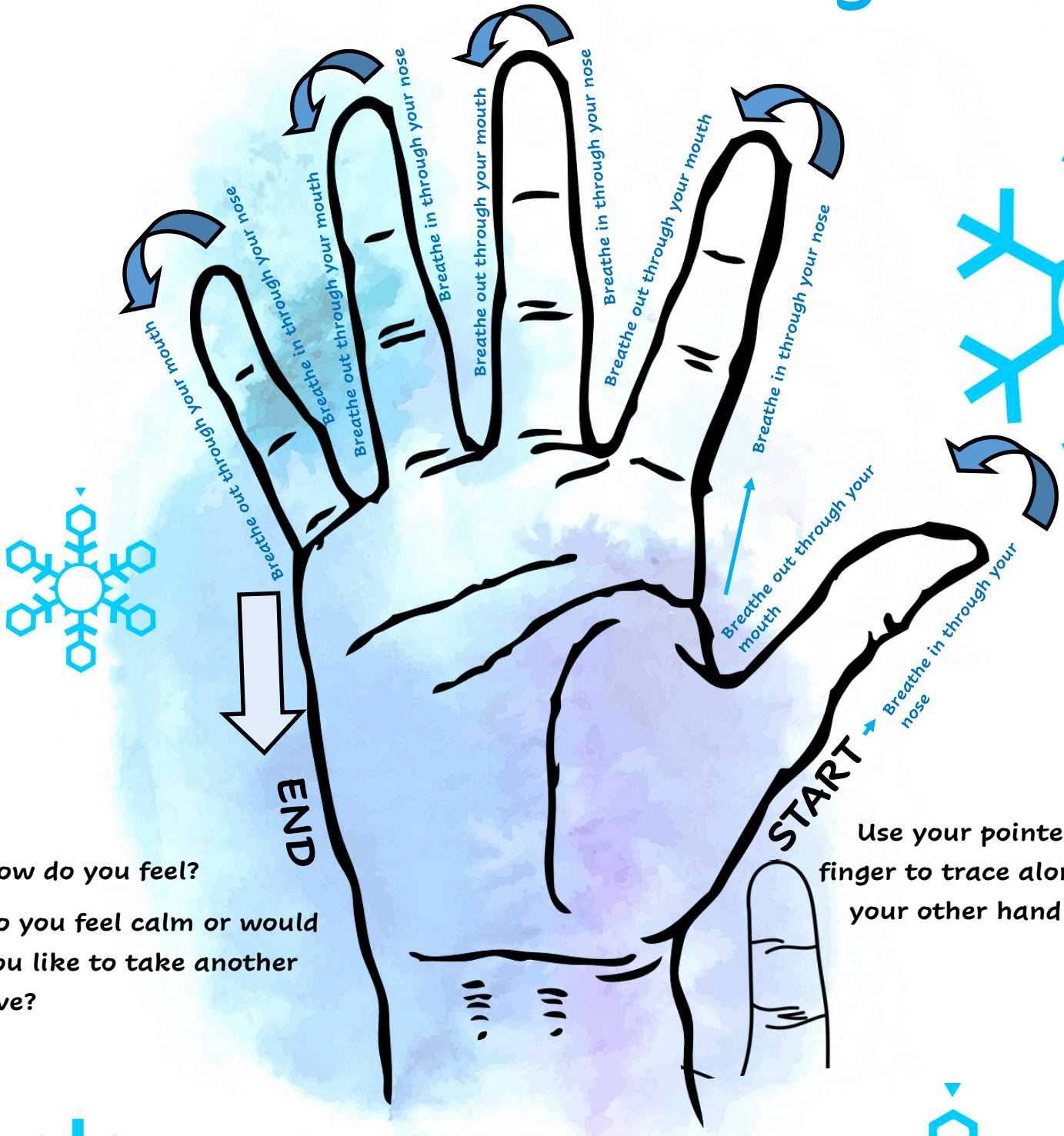




Take 5 Breathing



How do you feel?

Do you feel calm or would you like to take another five?

Use your pointer finger to trace along your other hand

