

When I am frustrated



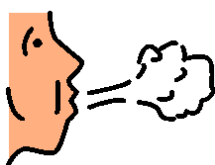
I will



Sit in my chair



Hold hands



Take 5 breaths



Count to 10

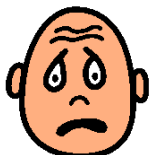


Drink water



Return to work

When I am anxious



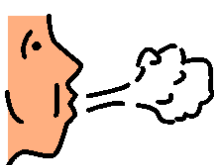
I will



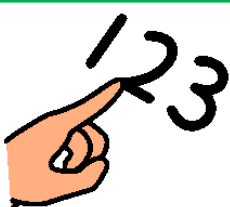
Sit in my chair



Hold hands



Take 5 breaths



Count to 10



Drink water



Return to work