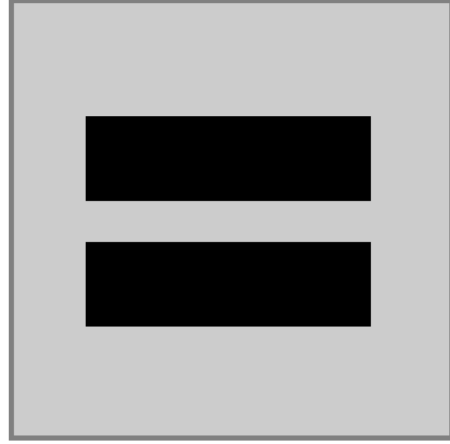


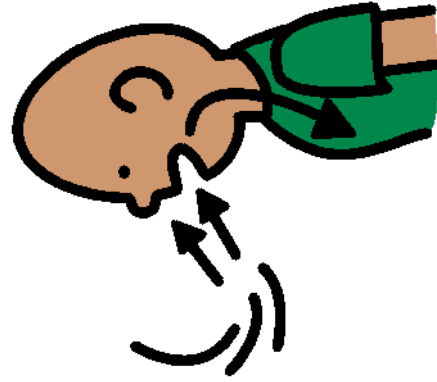
Calm Down



pause



hand squeeze



5 belly breaths