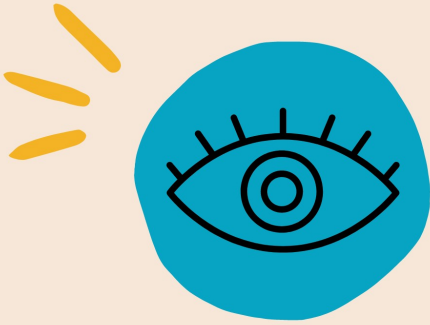


CALMING STRATEGY



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