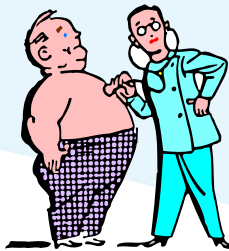




and “B” Cool

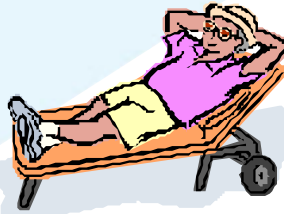
Breath:

Take a **slow** and **deep** breath



Body:

Relax your muscles



Brain:

Focus on the right message

