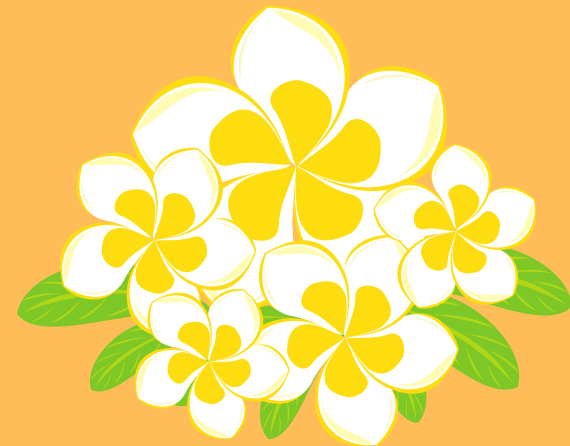


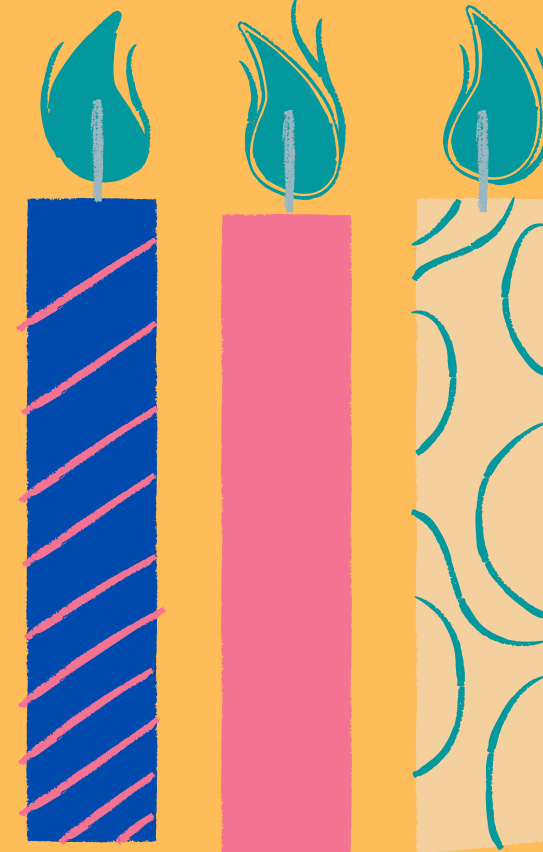
# Relax.....



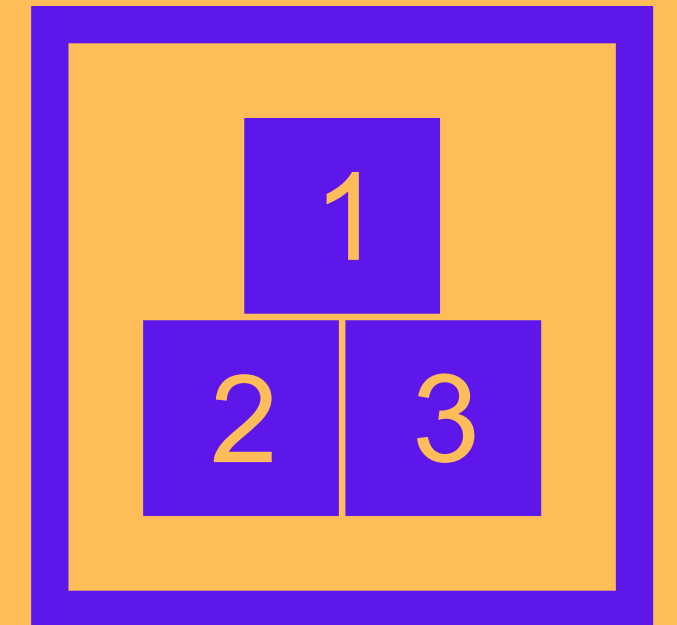
Imagine a  
flower or smell  
you like...



Sniff slowly....



Breathe out  
slowly  
counting to 3



Do-IT>