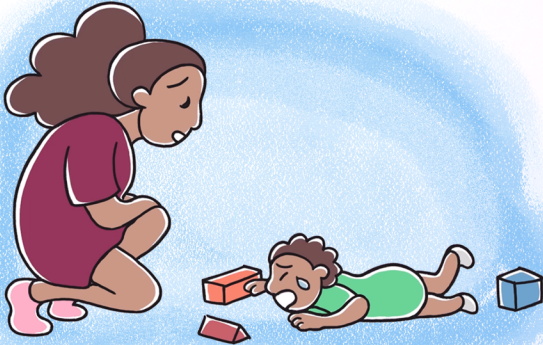
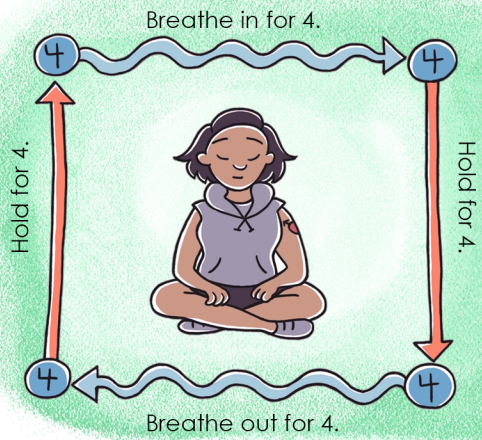


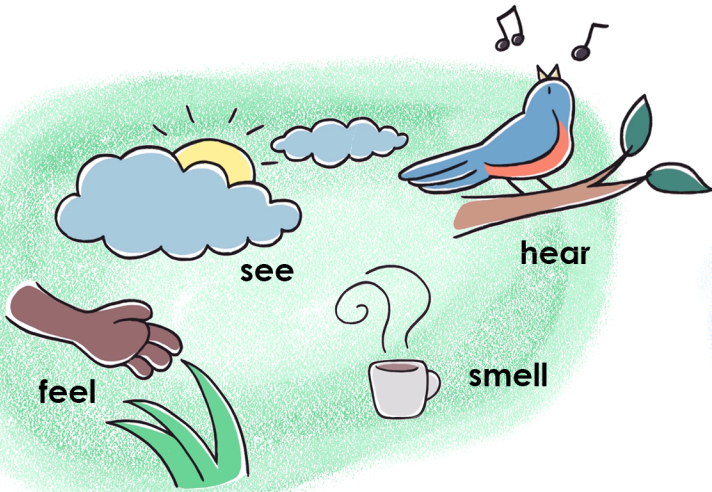
Keeping your cool



Taking a moment to unwind can help you manage whatever comes your way



Try box breathing



Ground yourself. Stop and notice something you can...



Blow bubbles together

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