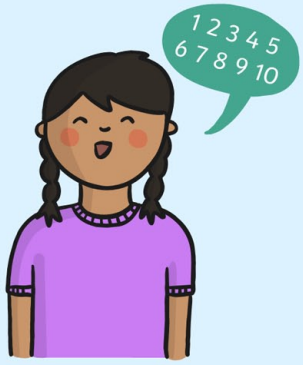
I can calm myself down



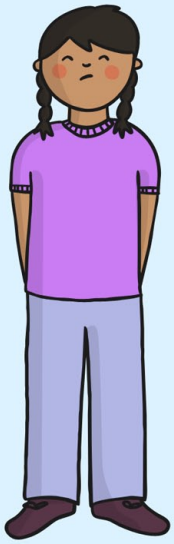
Take a deep breath.



Count to ten.



Think about what
I am trying to say.



Keep hands and
feet to myself.

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