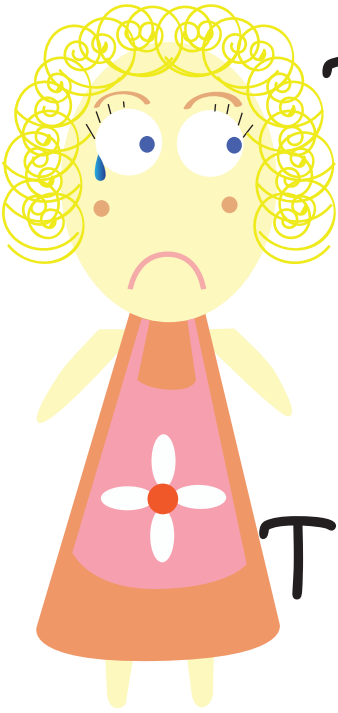


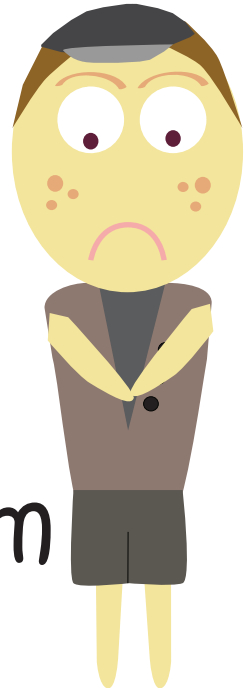
Calming Myself Down



Take a deep breath.

Count to ten.

Think about what I am trying to say.



Keep my hands and feet to myself.

