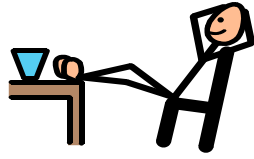


Steps to Calm Down



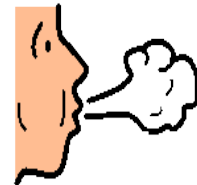
1. Ask for a break.

break

2. Sit down in break area.



3. Take 3 deep breaths.



4. Count to 10...Slowly!



5. Are you calm?

