

First aid kit for more calmness

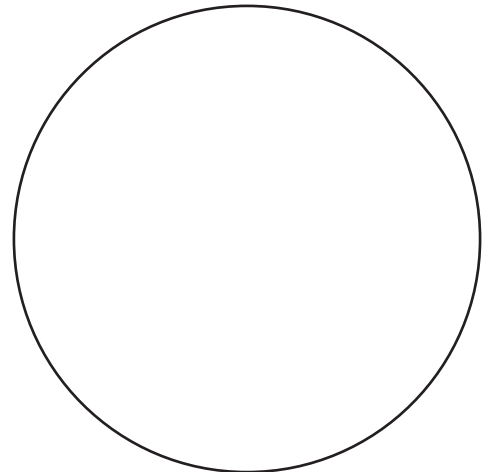
3-2-1

3 times breathe out
2 steps back
1 loving thought
(i.e. I'm happy that you are here)

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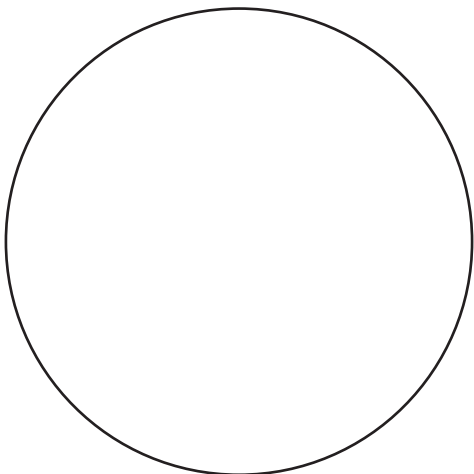
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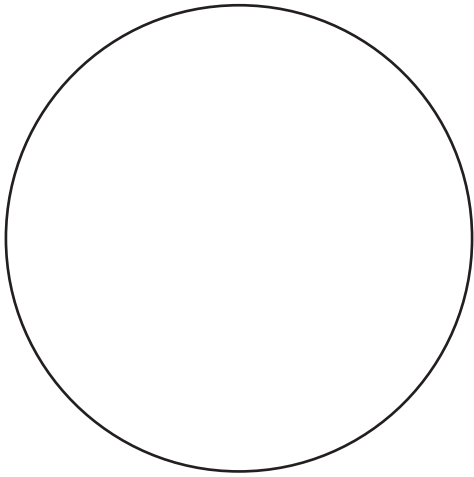


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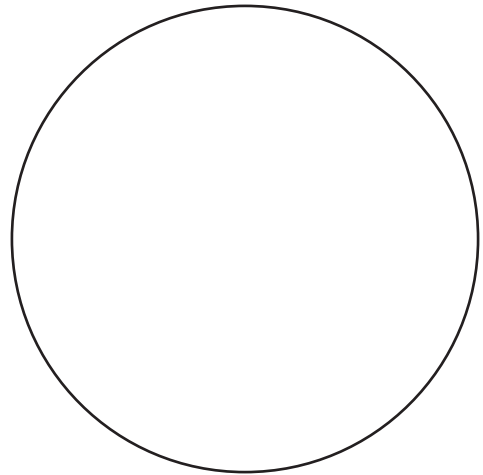
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