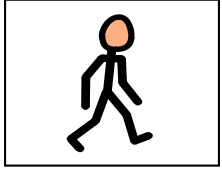


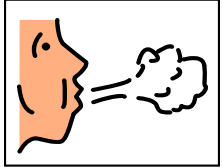
Tools to get back to the Green Zone



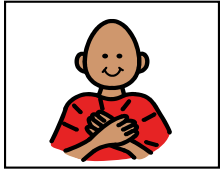
Go for a Walk



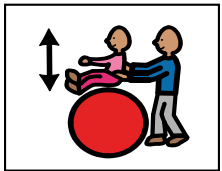
Get a drink of water



Take 3 deep breaths



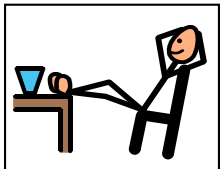
Positive Self Talk



Bounce on Ball



Listen to Music



Take a Break