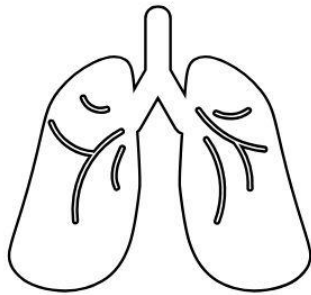


Calming cards

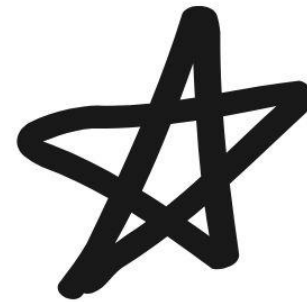
Take 5 deep breaths



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Calming Cards

Star reathing



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Calming Cards

Push a wall



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Calming Cards

Do some stretching



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