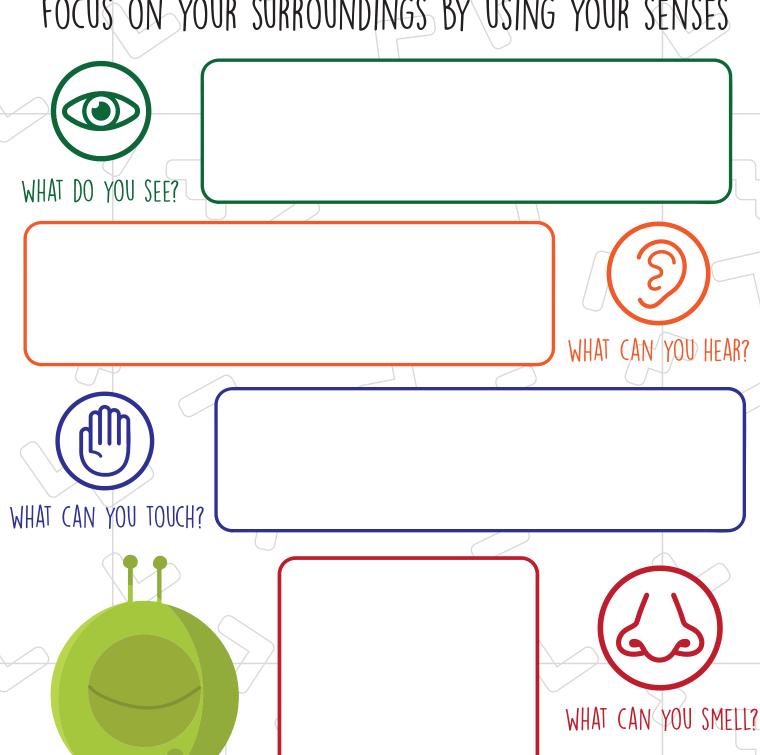
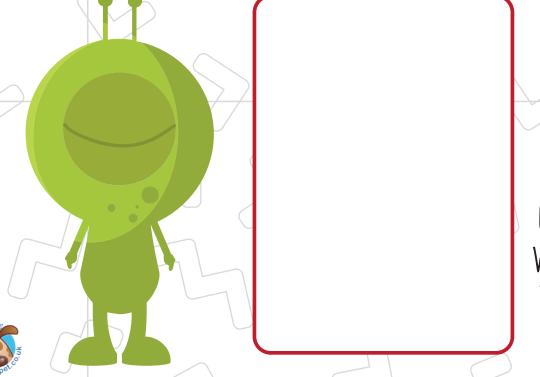
## FOCUS YOUR MIND

FOCUS ON YOUR SURROUNDINGS BY USING YOUR SENSES







USE THIS TECHNIQUE WHENEVER YOU NEED TO TAKE A MOMENT TO CALM DOWN