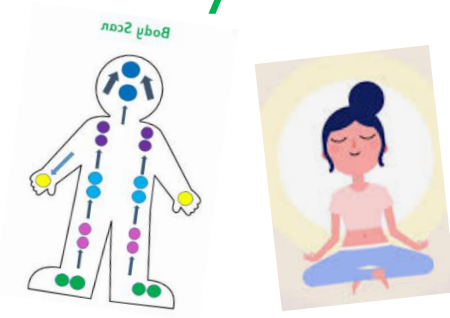


# Breathe



# Body Scan



# Talk



Bounce back to Green

# Visualise



# Sensory soothing

