***Keep your cool***

* **Count to 10**
* **Deep breaths**
* **Smell the flowers**
* **Get active**

***Keep your cool***

* **Count to 10**
* **Deep breaths**
* **Smell the flowers**
* **Get active**

***Keep your cool***

* **Count to 10**
* **Deep breaths**
* **Smell the flowers**
* **Get active**

***Keep your cool***

* **Count to 10**
* **Deep breaths**
* **Smell the flowers**
* **Get active**

***Keep your cool***

* **Count to 10**
* **Deep breaths**
* **Smell the flowers**
* **Get active**

***Keep your cool***

* **Count to 10**
* **Deep breaths**
* **Smell the flowers**
* **Get active**

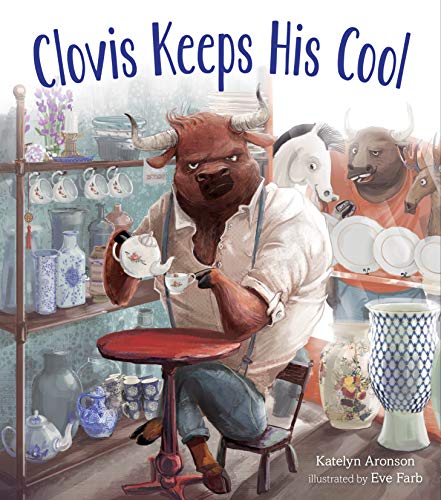
***Keep your cool***

* **Count to 10**
* **Deep breaths**
* **Smell the flowers**
* **Get active**

***Keep your cool***

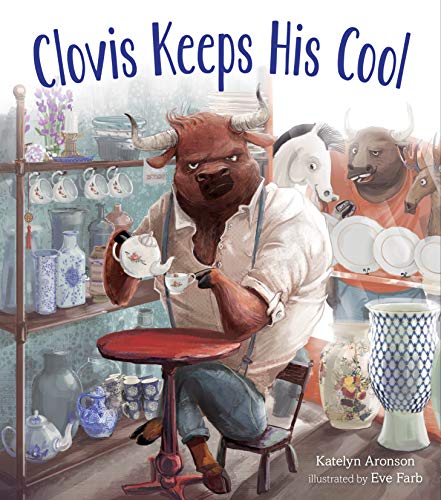
* **Count to 10**
* **Deep breaths**
* **Smell the flowers**
* **Get active**

**Stop, think, and reconsider.**



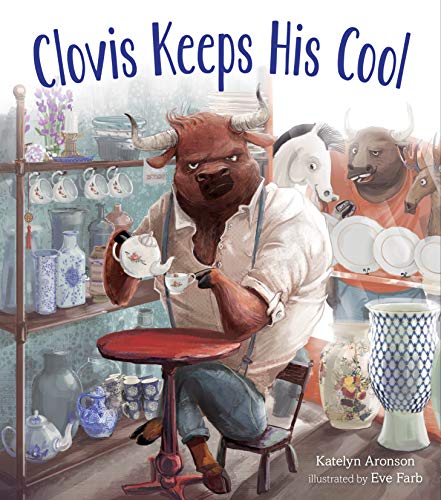
**Give second chances to yourself and others.**

**Stop, think, and reconsider.**



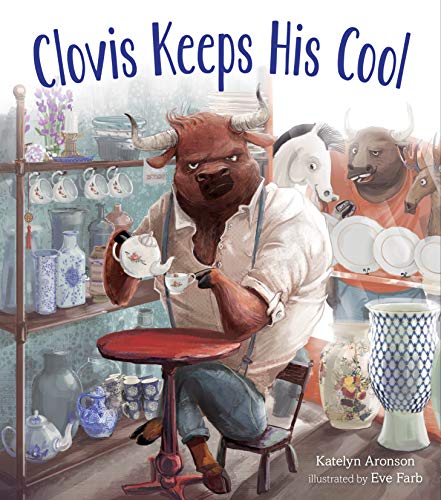
**Give second chances to yourself and others.**

**Stop, think, and reconsider.**



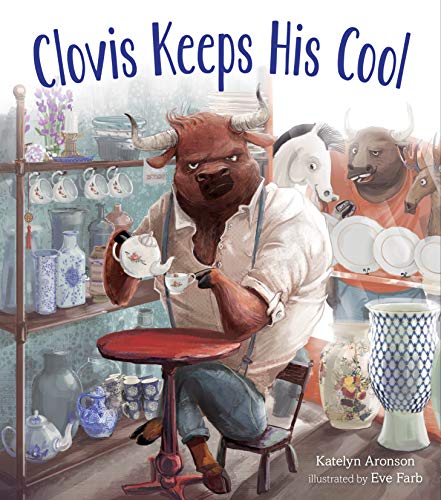
**Give second chances to yourself and others.**

**Stop, think, and reconsider.**



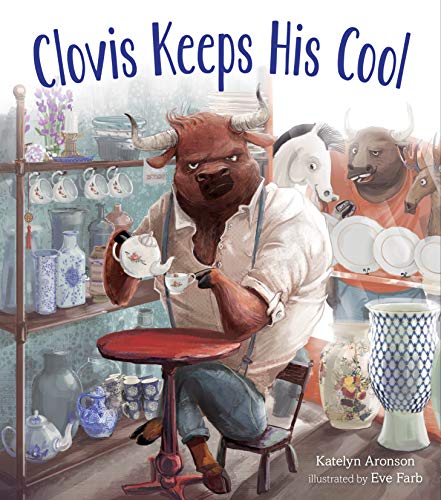
**Give second chances to yourself and others.**

**Stop, think, and reconsider.**



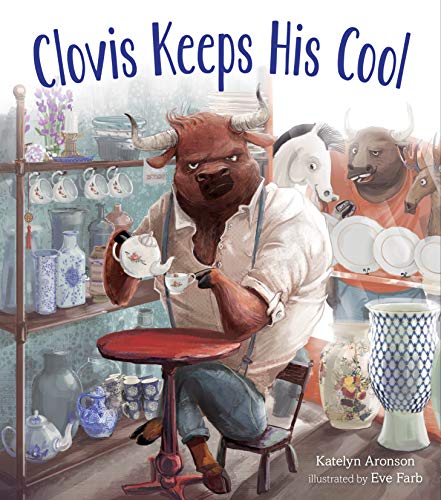
**Give second chances to yourself and others.**

**Stop, think, and reconsider.**



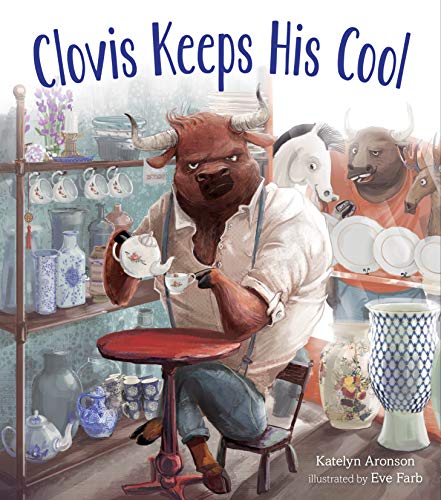
**Give second chances to yourself and others.**

**Stop, think, and reconsider.**



**Give second chances to yourself and others.**

**Stop, think, and reconsider.**



**Give second chances to yourself and others.**