

Keep your cool

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- **Deep breaths**
- **Smell the flowers**
- **Get active**

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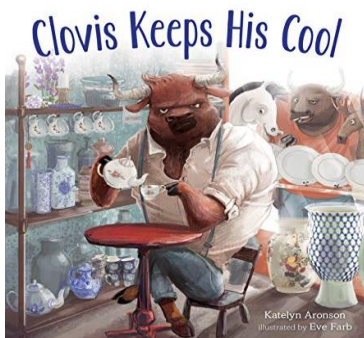
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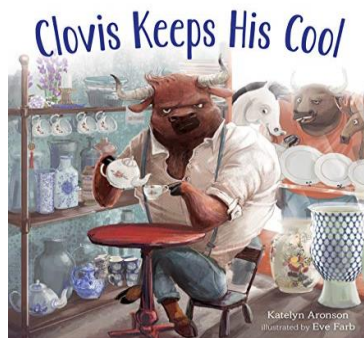
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**Stop, think, and
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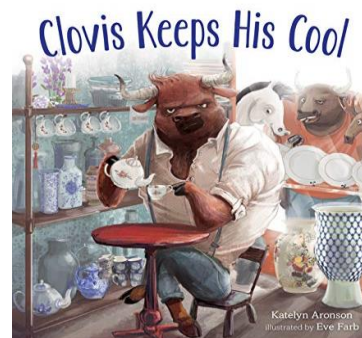
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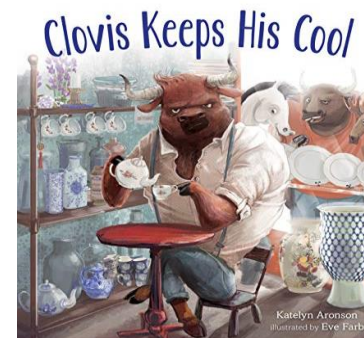
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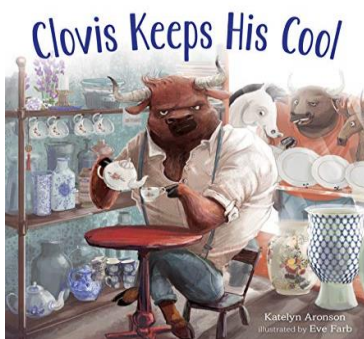
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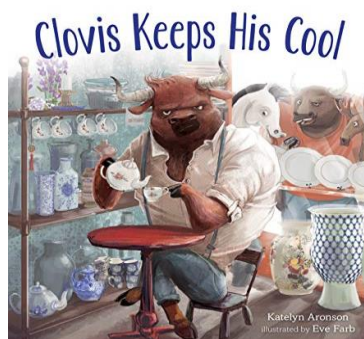
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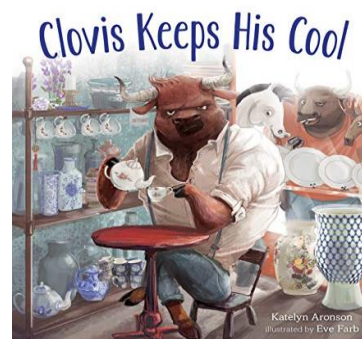
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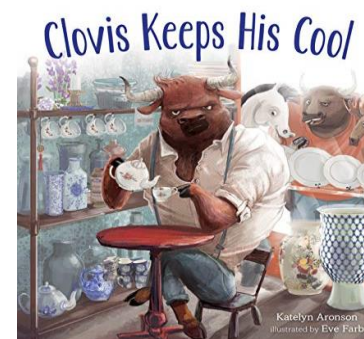
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