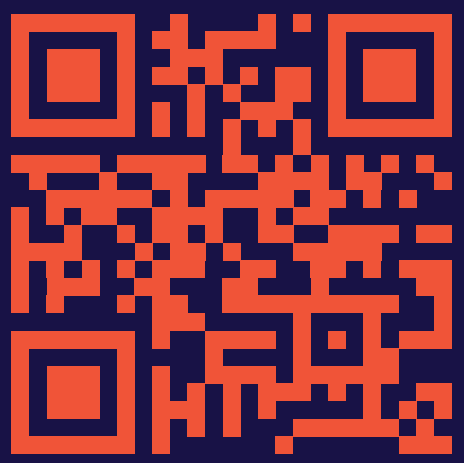


LETTING GO IS A WAY OF BEING IN CONTROL.



**YOU'RE FEELING
STRESSED?
THAT'S TOTALLY
NORMAL!**



STOP.
TAKE 5
DEEP
BREATHS.

