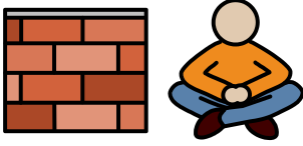


# Calming



1



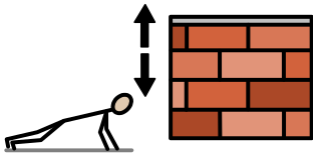
Sit against a wall

2



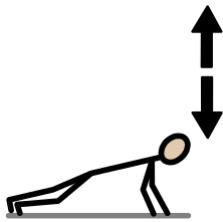
Seated push up

3



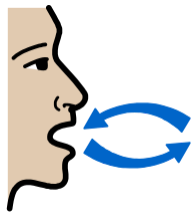
Wall press up

4



Press up on ground

5



Deep breathing

6



Close eyes