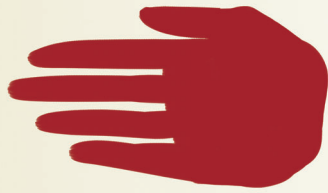


EMOTIONAL CONTROL CONTROL



HOW YOU FEEL

WHAT YOU CAN DO



STOP



BREATHE



THINK