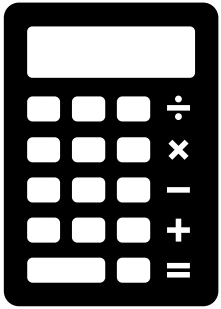


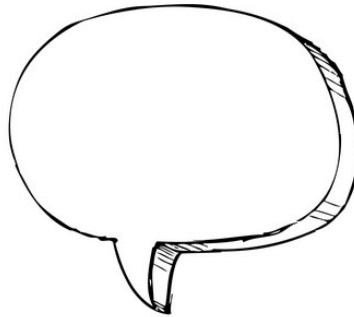
When I'm Angry...



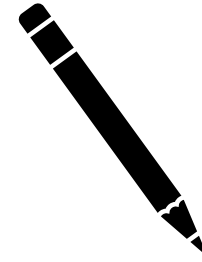
Take 10 deep breaths,
counting at the same time.



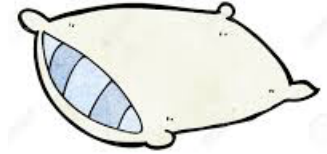
Walk away



Talk calmly and say what
you are feeling



Write about it



Punch a pillow