

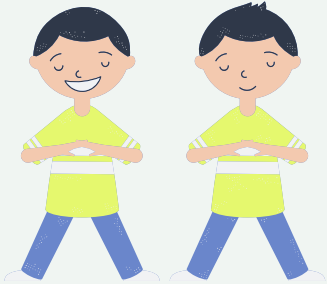

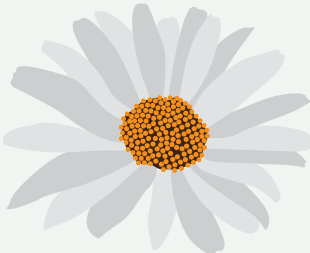




GROUNDING

BINGO

Breathe, relax, focus on the right here right now!

<p>smile</p> 	<p>breathe in</p> 	<p>breathe out</p> 
<p>count the lines on your hands</p> 	<p>FREE</p>	<p>breathe in like you're smelling a beautiful flower</p> 
<p>count the bumps on your lips</p> 	<p>breathe out like you're blowing out a candle</p> 	<p>count the curves on your ears</p> 