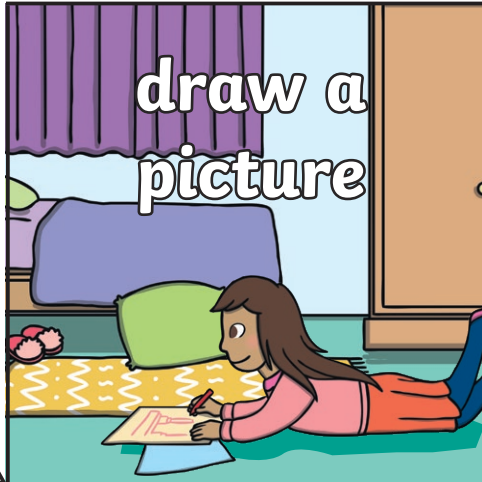
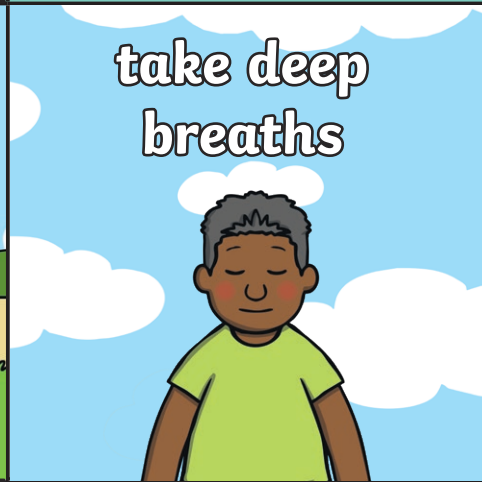


draw a picture



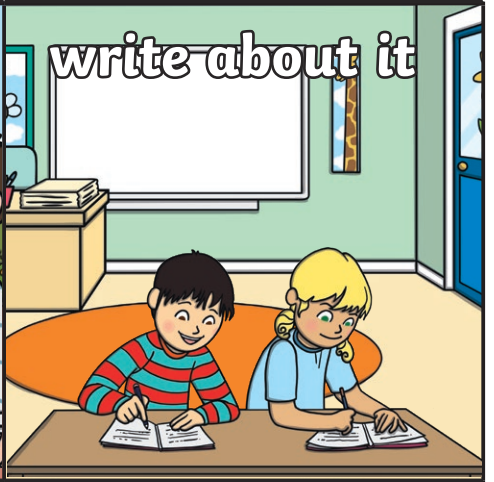
take deep breaths



talk to someone



write about it



go for a run



read a book

