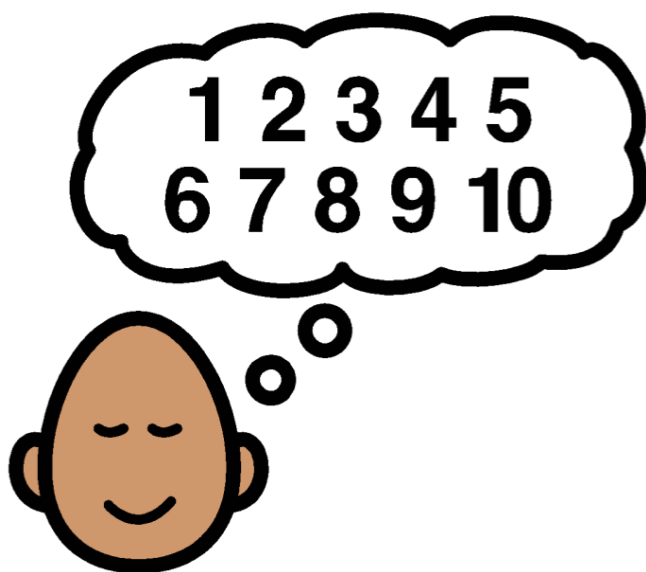


I can take 5 deep breaths.



I can count to ten.