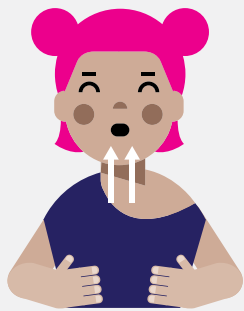


Let It Go



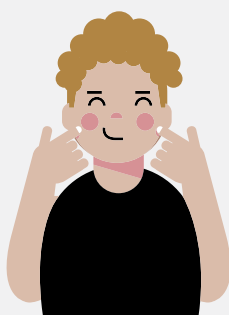
Take a deep breath



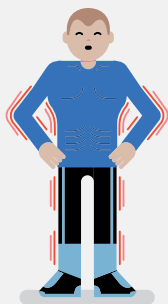
Rub the top of your head



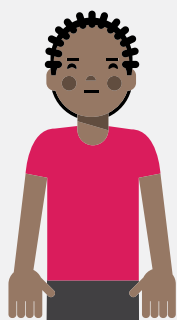
***Rub your forehead
and eyebrows***



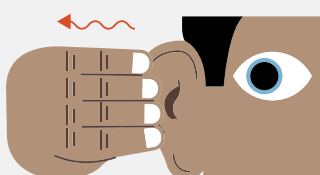
Rub your cheeks and jaw



How does your body feel?



Relax your whole body



***Rub your ears and
give a gentle tug***



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