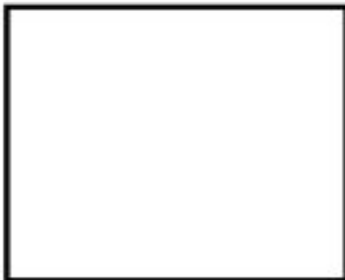


# How to Show I Am Calm



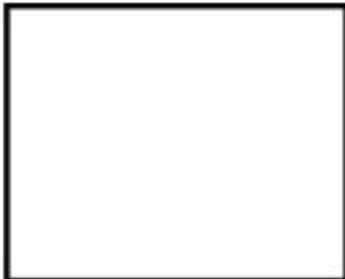
sit down



put hands on lap



take deep breaths



use my words



use a quiet voice