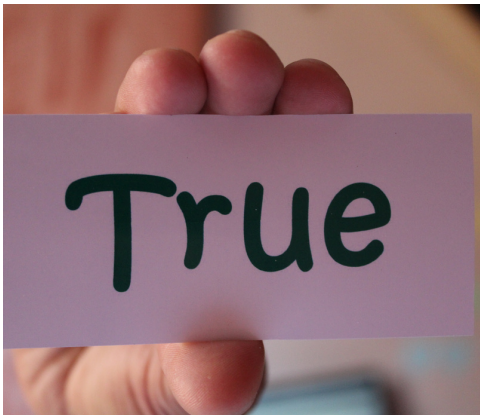


4 Steps to Ground

NOTICE



ACKNOWLEDGE
as true

SELF-COMPASSION



RELEASE TENSION
breath