



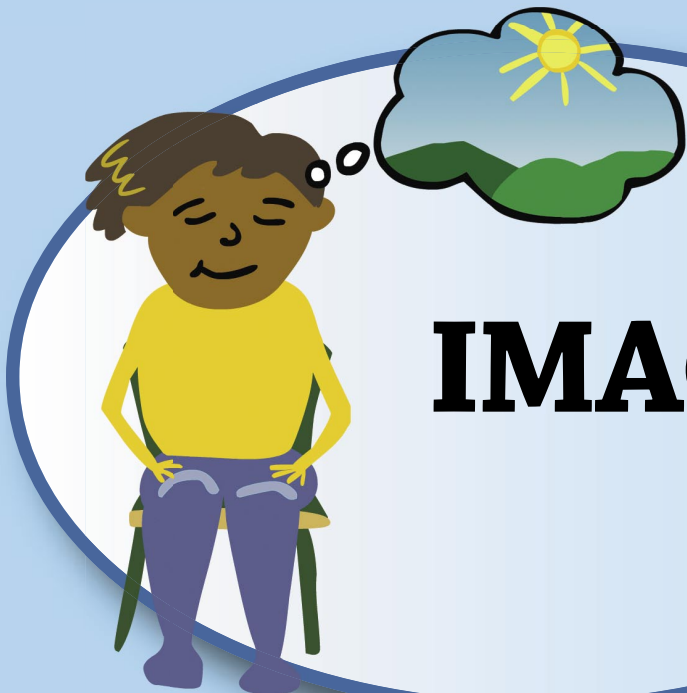
BEFORE Anger Happens



**DEEP
BREATHING**



**MUSCLE
RELAXATION**



IMAGINE