

1. Go to the break room.



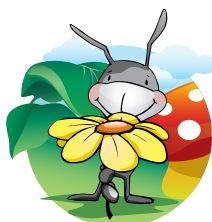
2. Take 3 SLOW deep breaths.



Smell the  
flower



Blow out  
the candles



Smell the  
flower



Blow out  
the candles



Smell the  
flower



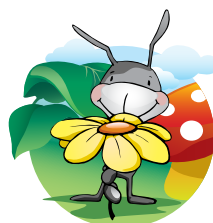
Blow out  
the candles

3. Name five college basketball players.

*(This is a distraction method and should be individualized based on the person's interests.)*



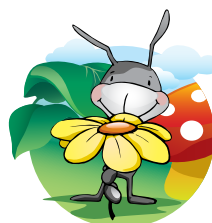
4. Take more deep breaths.



Smell the  
flower



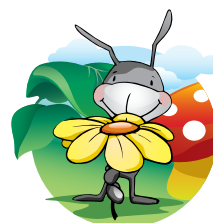
Blow out  
the candles



Smell the  
flower



Blow out  
the candles



Smell the  
flower



Blow out  
the candles

5. Listen to music on your headphones and repeat step 2 if necessary.

