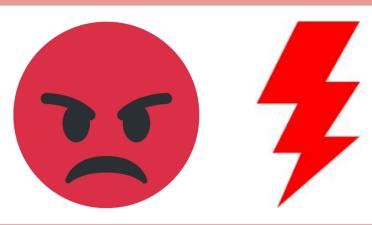


Red Zone



How might you feel?

Angry
Scared
Terrified
Out of control

What tool might help you?

Stop what you're doing
Deep breathing - lazy 8 / 6 sides
Calming sequence