



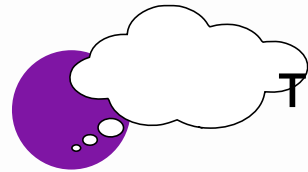
SOUTH SUBURBAN FAMILY SHELTER, INC.
Comprehensive Services to Victims of Domestic Violence

Celebrating 40 Years

WAYS TO CALM DOWN

Step 1:

Hands on stomach

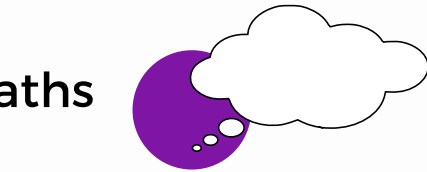


Step 2:

Say 'Calm Down'

Step 3:

Take 3 deep breaths



Step 4:

Count to 5 out loud



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