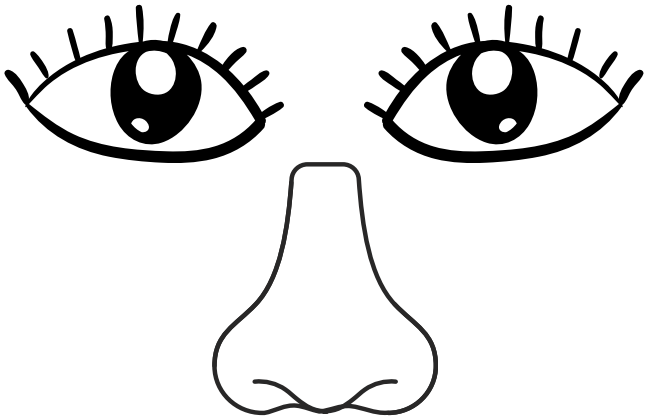
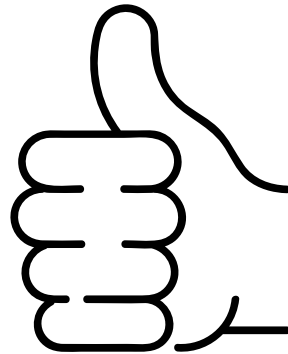


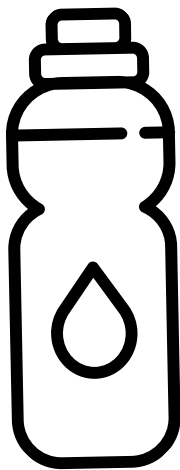
Prendre des grandes respirations



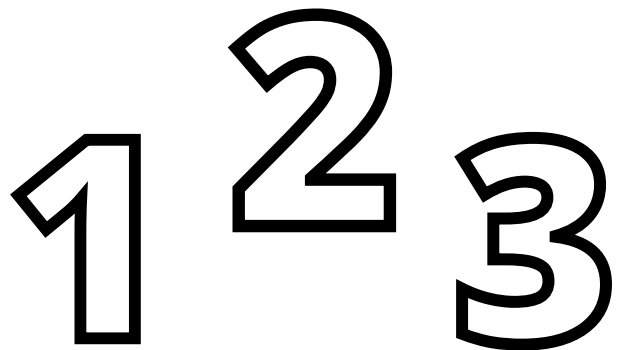
M'encourager en me disant "Je suis capable"



Boire de l'eau



Compter



Écraser une balle anti-stress



Penser à quelque chose que j'aime

