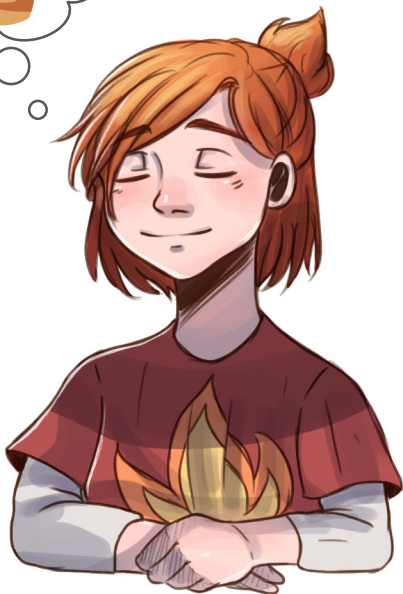


CALM



www.lifeskillsgroup.com.au

**What happens when
you feel calm?**

When do you feel calm?

**Where in your body do
you feel calm?**



www.lifeskillsgroup.com.au