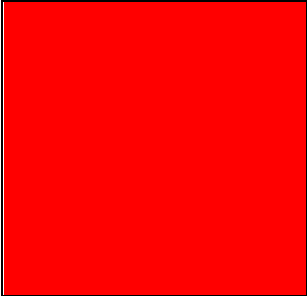
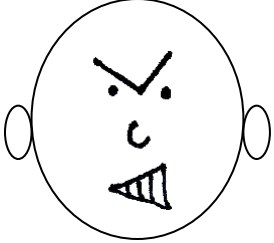
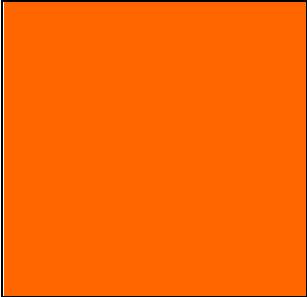
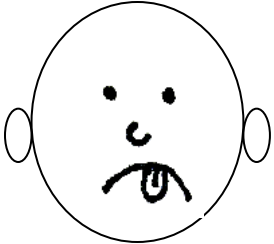

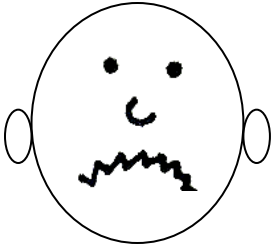
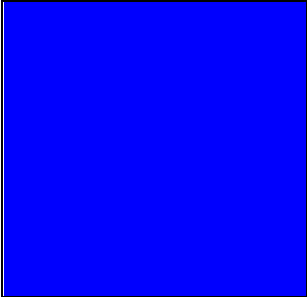
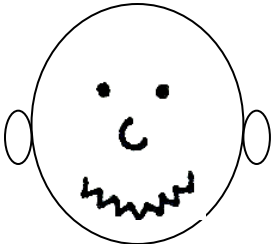

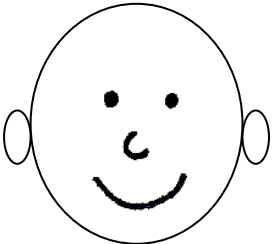


What's Your Zone?

		<p>Pick a strategy! Reset or refocus.</p>
		<p>Use your tools! Drink water.</p>
		<p>Use your words! Ask for help.</p>
		<p>Think flexible thoughts!</p>
		<p>Feel good; have fun!</p>