1. **Stop.**
2. **Take a deep breath.**
3. **How do you feel? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What’s the problem/question? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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1. **What strategies or tools might work?**
2. **Pick your tools and find the solution!**