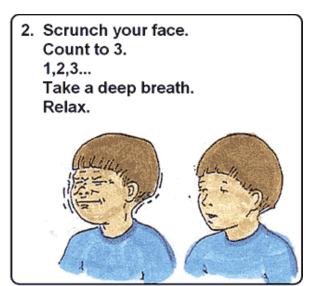




From The Geneva Centre for Autism



4. Tense your arms and shoulders.
Count to 3.
1,2,3...
Take a deep breath.
Relax.

