









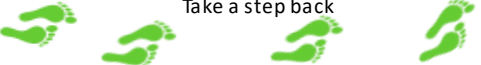



## Mantras

Don't add fuel to the fire		
		
Less said, more peace		
	Pause!	
Think..... .....then respond		
This won't matter 5 years from now		
They're only young		
		

Take a chill pill		
		
Breathe!		
		
	What's the behaviour telling me?	
Take a step back		
Don't react!		
It's not personal		