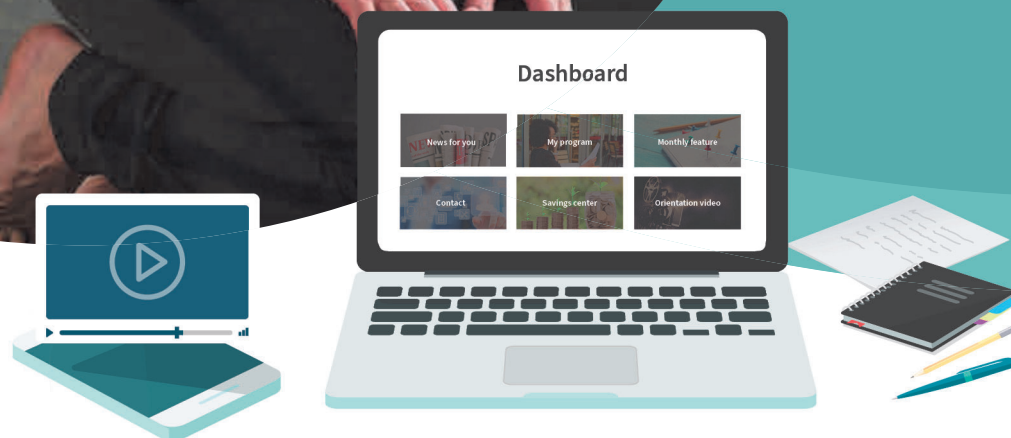




Keeping calm and carrying on

Tools to reduce worry, fear and anxiety

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