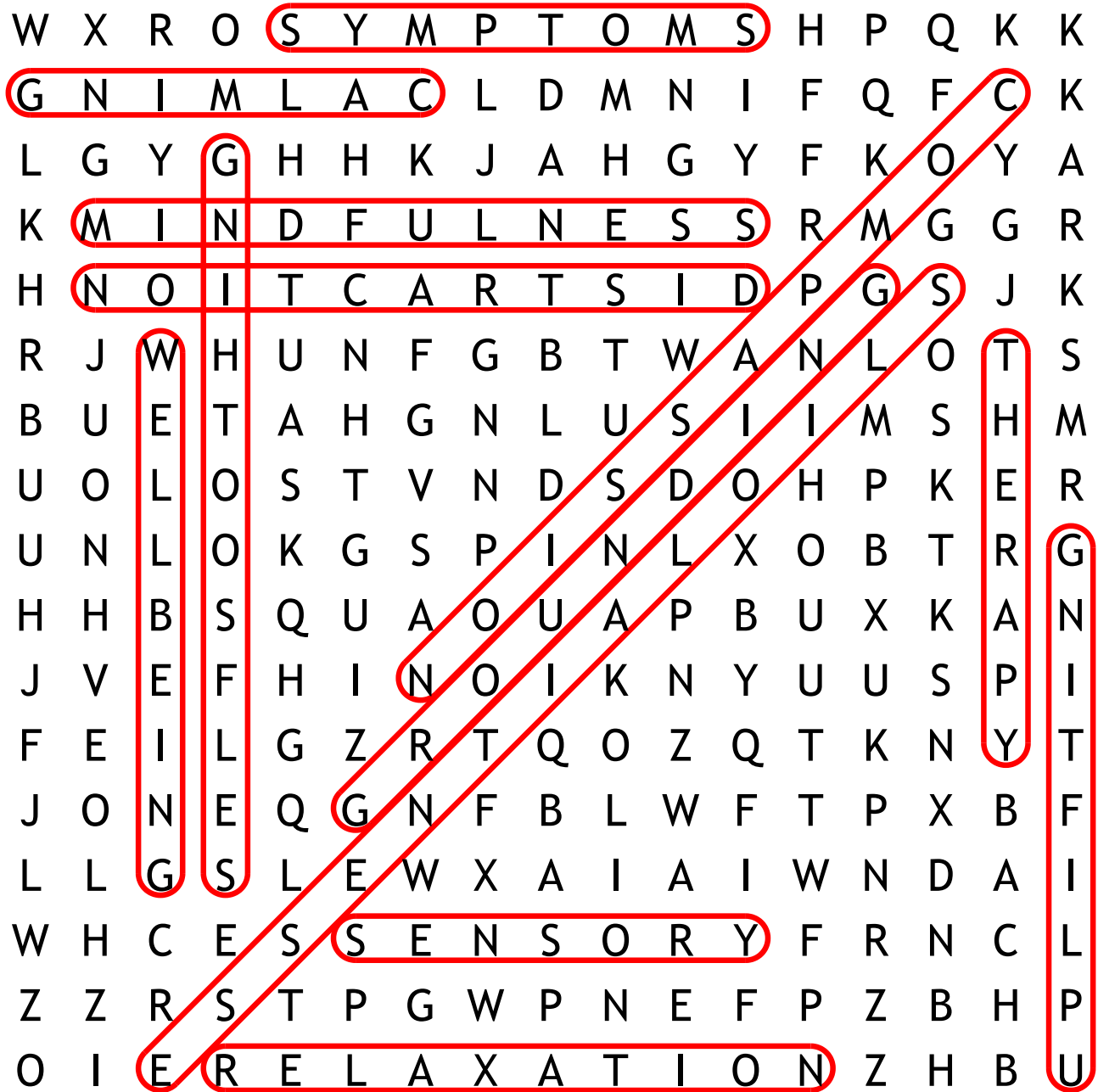


TASI



ESSENTIAL OILS
DISTRACTION
GROUNDING
SYMPTOMS
SENSORY

SELF SOOTHING
COMPASSION
WELLBEING
THERAPY

MINDFULNESS
RELAXATION
UPLIFTING
CALMING