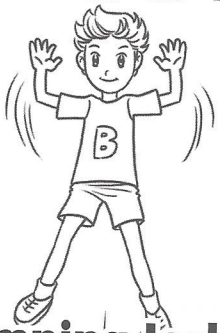
ZONES Tools Menu

Listen to Music

Squishes

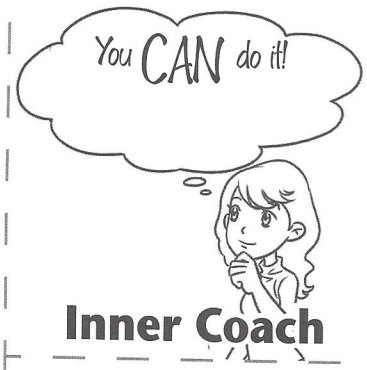
Walk



Jumping Jacks

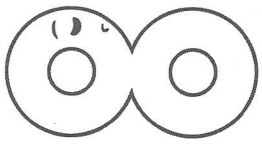
Shoulder Rub

Belly Breath



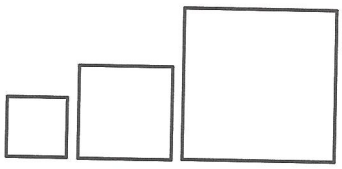
Inner Coach

Take a Break

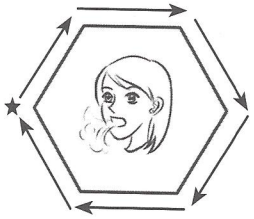


Lazy 8 Breathing

Fidget Ball



Size of Problem



Six Sides of Breathing

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