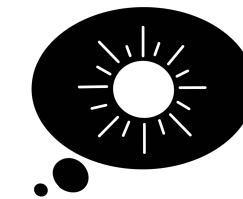




Chillax in My Head

1) Imagine a place where you feel happy and relaxed.



2) Think about what you can see, hear, smell, and touch when you are there.



3) Pretend to be there until you feel chillax in your head.

