



# Listos Para Manejar las Emociones

## Ready to Manage Emotions

1) Parar ►

Pause



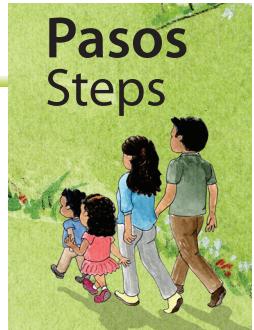
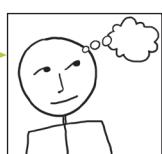
2) Respirar ►

Breathe



3) Observar ►

Notice



**Pasos**  
**Steps**



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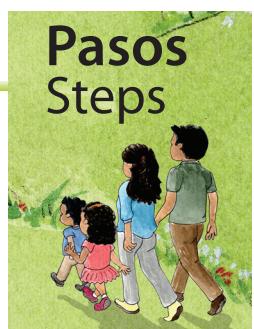
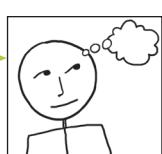
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