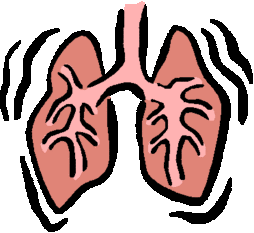
Behavior Tracker



S

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Progressive Muscle Relaxation

Breathing Retraining

Mindfulness