WHAT CAN I DO DIFFERENTLY?
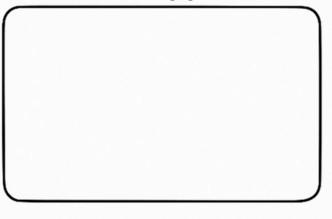
What Happened?

Calm-down tools

deep breaths

count to 10

ask for help

Next time, I can