



ice pack heat pack



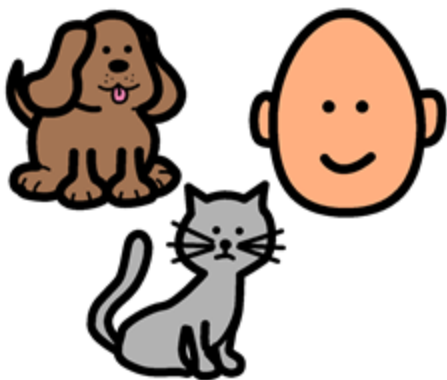
deep breath



guided imagery



prayer



animal therapy



companionship



back rub



walk



stretch



relaxing music



relaxation channel



something else