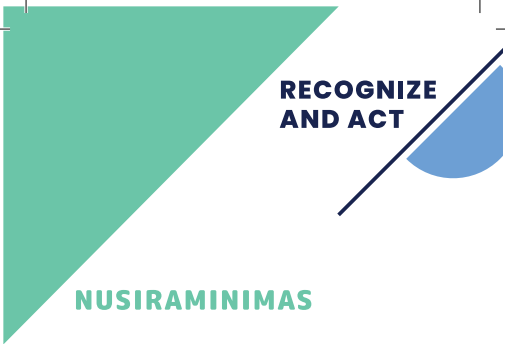
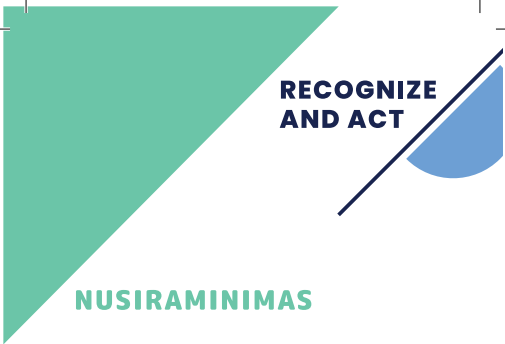




**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Kelis kartus giliai
įkvėpsiu ir iškvėpsiu,
kad išlikčiau ramus**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

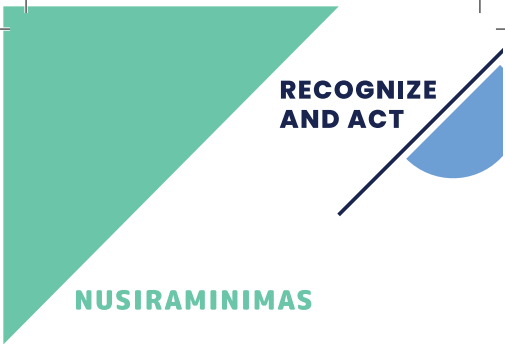
Sutelksiu dėmesį į
savo kūno pojūčius

The image features a minimalist design with a large green triangle on the left, a blue circular segment on the right, and a diagonal line separating them. The text 'RECOGNIZE AND ACT' is positioned in the upper right, and 'NUSIRAMINIMAS' is in the lower left. At the bottom, a sentence in Lithuanian is written.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

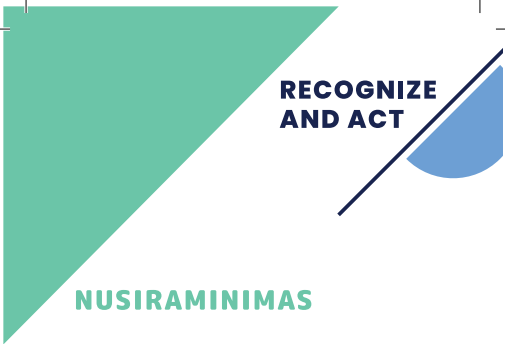
**Ištiesiu rankas ir
susitelksiu į pojūtį**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

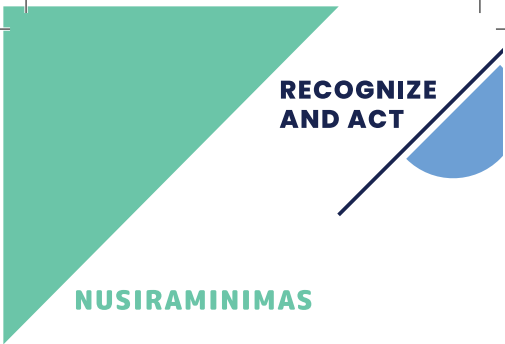
Sutelksiu dėmesį į
mane supančius
garsus ir kiekvienam
sugalvosiu
pavadinimą



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

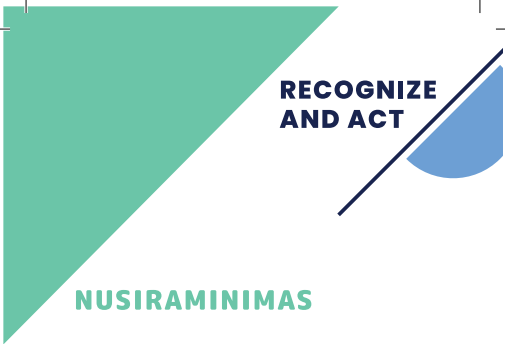
Sutelksiu dėmesį į
mane supančias
spalvas ir mintyse jas
įvardinsiu



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Uždedu rankas ant
pilvo ir jaučiu, kaip
kvėpavimo metu jis
prisipildo ir ištuštėja



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

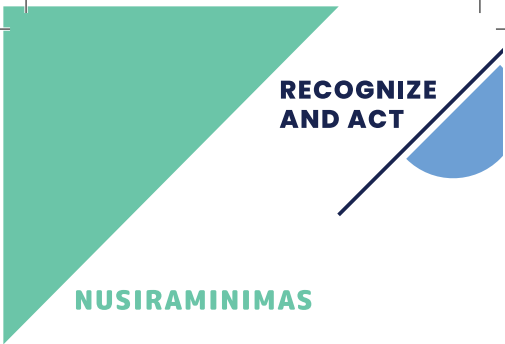
Sutelksiu dėmesį į
pojūtų, kaip oras
patenka į mano
šnerves ir iš jos išeina



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

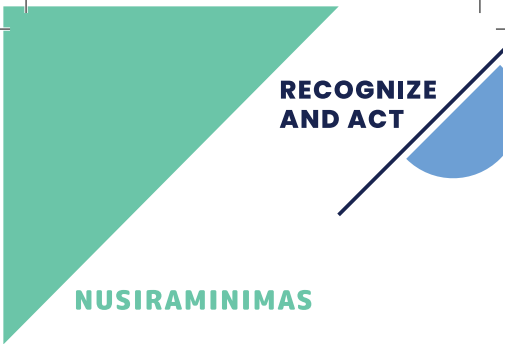
Kiek įmanoma lėčiau
išgersiu stiklinę
vandens



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

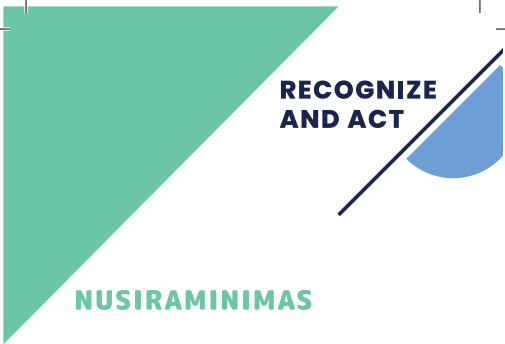
**Pasidarysiu
raminančos arbatos**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

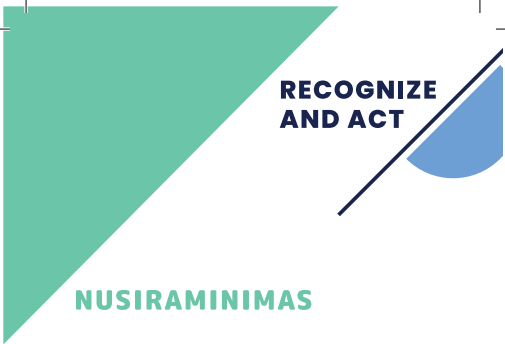
Nueisiu į tamsų
kambarį ir būsiu ten,
kol pasijusiu geriau



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

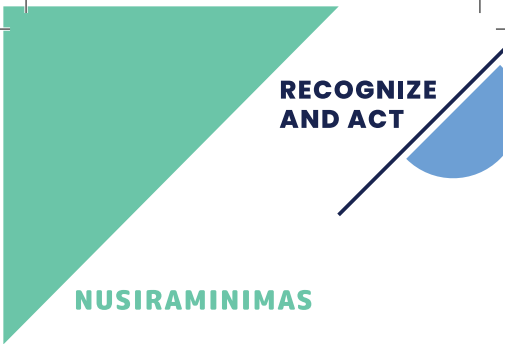
Nueisiu į vonią ir
nusiprausiu veidą
šaltu vandeniu



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Nueisiu į vonią ir
nusiprausiu veidą
šaltu vandeniu,
užmerksiu akis ir
sutelksiu dėmesį į
tamsą



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

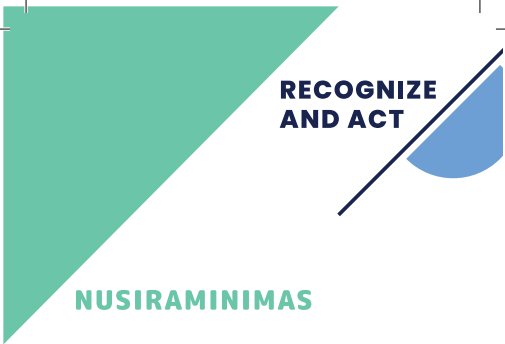
**Fiziškai atsiribosiu nuo
aplinkinių**

The image features a minimalist design with a large green right-angled triangle on the left. To its right, the text 'RECOGNIZE AND ACT' is displayed in a bold, dark blue, sans-serif font. Further right is a blue circular sector, partially cut off by a diagonal line. The entire composition is framed by thin black lines at the top, bottom, and sides.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Atsitrauksiu kelis
žingsnius**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Sukryžiuosiu rankas

The image features a minimalist design with a large green right-angled triangle on the left side. To its right, the text 'RECOGNIZE AND ACT' is written in a bold, dark blue, sans-serif font. Further right, there is a blue quarter-circle and a dark blue diagonal line. The entire composition is framed by thin black lines at the top, bottom, and sides.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

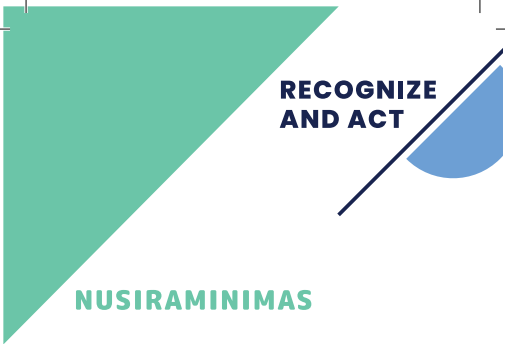
Parašysiu draugui

The image features a minimalist design with a large green right-angled triangle on the left side. To its right, the text 'RECOGNIZE AND ACT' is written in a bold, dark blue, sans-serif font. Further to the right, there is a blue circular sector and a dark blue diagonal line. The entire composition is framed by thin black lines at the top, bottom, and sides.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Padaysiu trumpą
pertraukėlę**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

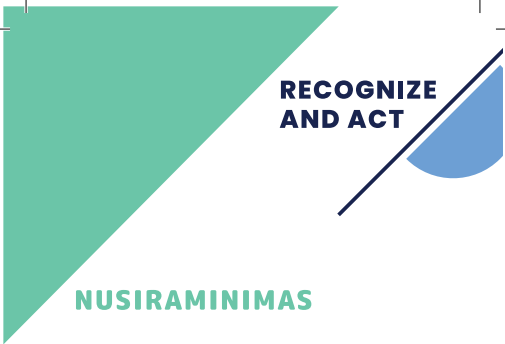
Paprašysiu kolegos,
kad mane pavaduotų
dešimt minučių



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Įvardinsiu savo
emocijas**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

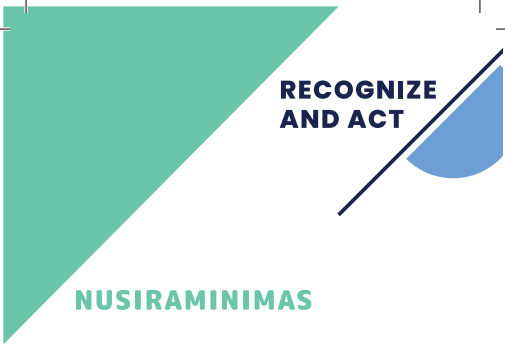
Įsivaizduosiu
besąs/-anti ramioje ir
taikioje vietoje

The image features a minimalist design with a large green right-angled triangle on the left side. To its right, the text 'RECOGNIZE AND ACT' is written in a bold, dark blue, sans-serif font. Further to the right, there is a blue circular sector and a dark blue diagonal line. The entire composition is framed by thin black lines at the top, bottom, and sides.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

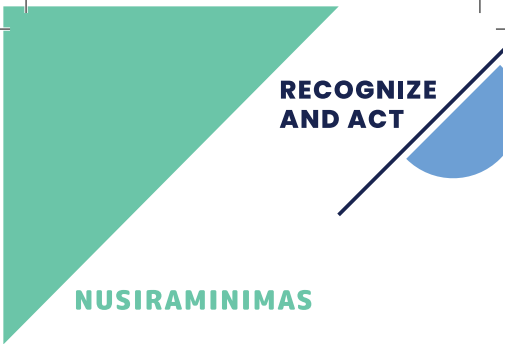
**Patikrinsiu savo
telefoną**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Sudarysiu sudoku
galvosūkį



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Sužaisiu žaidimų
telefone**

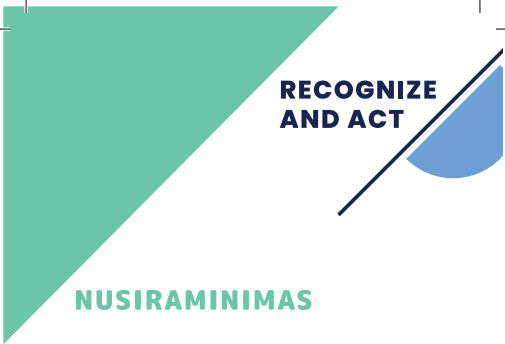


**RECOGNIZE
AND ACT**

The graphic features a large green right-angled triangle on the left side. To its right, the text 'RECOGNIZE AND ACT' is written in a bold, dark blue, sans-serif font. Further to the right, there is a blue circular sector (a portion of a circle) and a dark blue diagonal line that passes through it. The entire composition is set against a white background with thin black lines forming a grid-like structure.

NUSIRAMINIMAS

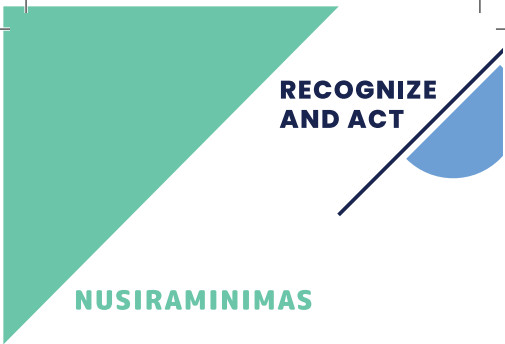
Pasėdėsiu kurį laiką



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

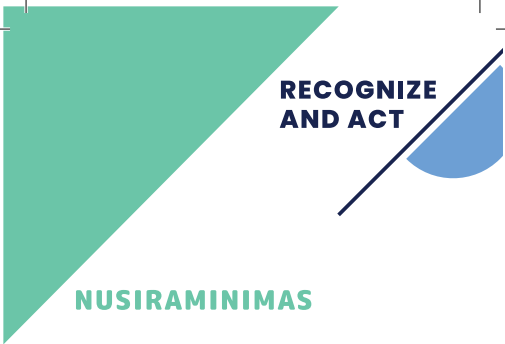
Būsiu šalia kitų kolegų



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Paprašysiu kolegos
pagalbos



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Apsivilksiu didelį
megztinį, kad
jausčiausi saugiau

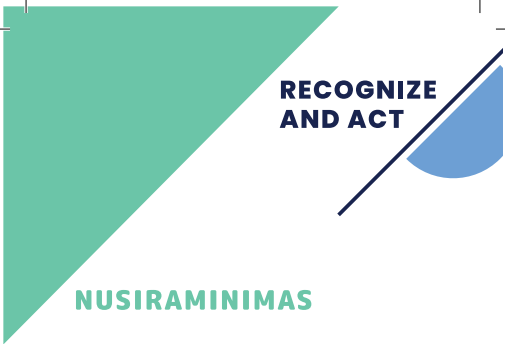


**RECOGNIZE
AND ACT**

The graphic features a large green right-angled triangle on the left side. To its right, there is a blue circular sector (a portion of a circle) and a dark blue diagonal line segment. The text 'RECOGNIZE AND ACT' is positioned between these elements. Below the green triangle, the word 'NUSIRAMINIMAS' is written in green. At the bottom, the phrase 'Išgersiu šiek tiek vandens' is written in dark blue.

NUSIRAMINIMAS

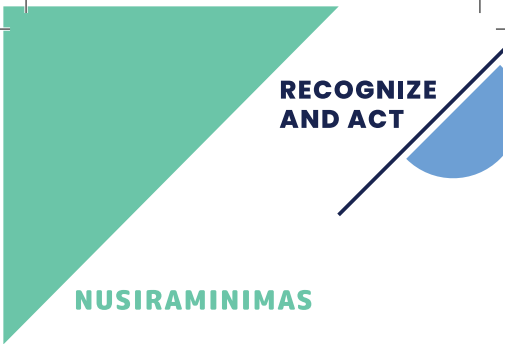
**Išgersiu šiek tiek
vandens**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

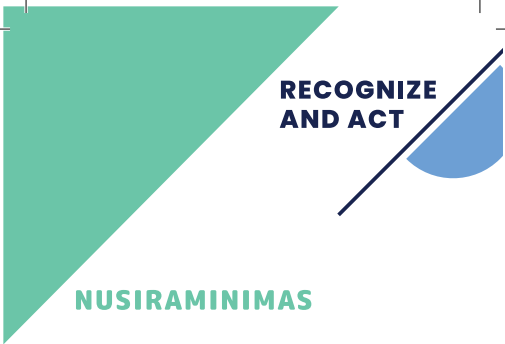
**Peržvelgsiu savo
savaitgalio planus**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Planuosiu tai aptarti
su patikimu draugu



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Susikoncentruosiu į
kitą atliekamą užduotį**



**RECOGNIZE
AND ACT**

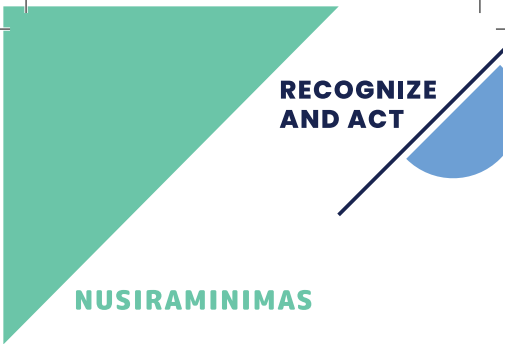
NUSIRAMINIMAS

The image features a minimalist design with a large green right-angled triangle on the left. To its right, the text 'RECOGNIZE AND ACT' is displayed in a bold, dark blue, sans-serif font. Further right is a blue quarter-circle shape. A thin dark blue diagonal line crosses the space between the text and the blue shape. The entire composition is framed by thin black lines at the top, bottom, and right edges.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

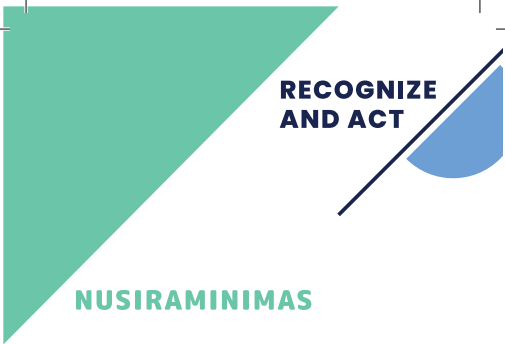
**Leisiu sau trumpai
paverkti**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

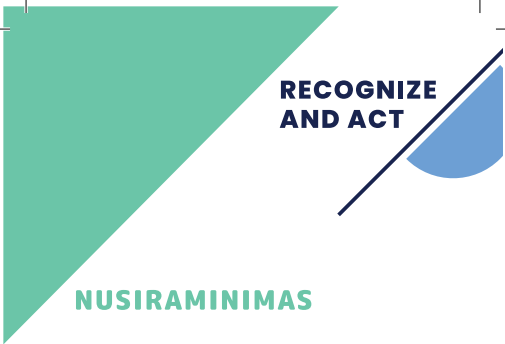
Nueisiu į personalo
skyrių ir papasakosiu,
kaip jaučiuosi



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

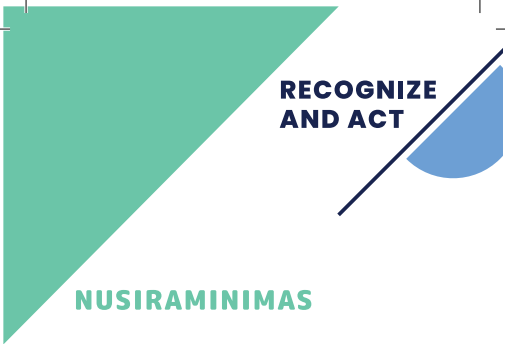
**Pažiūrėsiu trumpą
video**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Keletą minučių
žiūrėsiu į nuotraukas
telefone



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Prašysiu kuriam laikui
pereikti į darbo
poziciją, kur nereikia
bendrauti su klientais

The image features a minimalist design with a large green triangle on the left and a blue circular segment on the right, separated by a diagonal line. The text 'RECOGNIZE AND ACT' is positioned in the upper right, and 'NUSIRAMINIMAS' is at the bottom left. The main title 'Susitvarkysiu savo darbo vietą' is centered below the green triangle.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

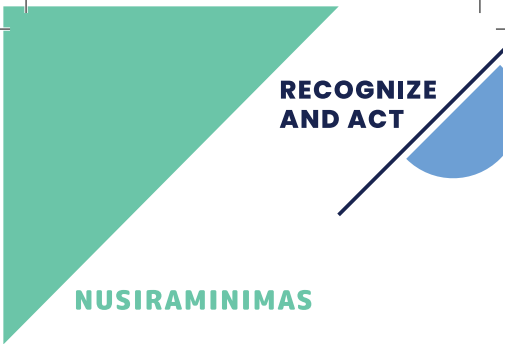
**Susitvarkysiu savo
darbo vietą**

The image features a minimalist design with a large green right-angled triangle on the left side. To its right, the text 'RECOGNIZE AND ACT' is written in a bold, dark blue, sans-serif font. Further to the right, there is a blue circular segment and a dark blue diagonal line. The entire composition is framed by thin black lines at the top, bottom, and sides.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Paklausysiu muzikos
per ausines**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Paprašysiu šiek tiek
ilgesnės pertraukėlės
ir išeisiu į lauką



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Paprašysiu vadovo
paskirti mane į kitas
pareigas

The image features a minimalist design with geometric shapes. A large green right-angled triangle is positioned in the upper left. To its right, the text 'RECOGNIZE AND ACT' is written in a bold, dark blue, sans-serif font. Further right, a blue circular sector is partially visible, intersected by a dark blue diagonal line. The entire composition is framed by thin black lines at the top, bottom, and sides.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

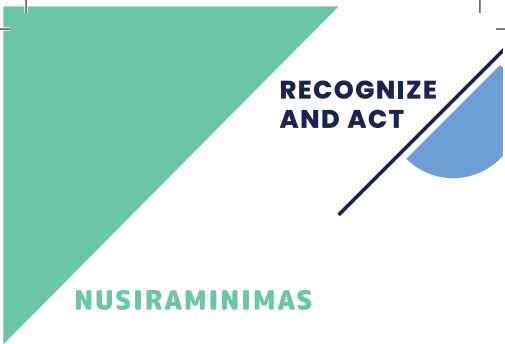
**Ištempsiu ir
atpalaiduosiu
raumenis**

The image features a minimalist design with a large green right-angled triangle on the left. To its right, the text 'RECOGNIZE AND ACT' is displayed in a bold, dark blue font. Further right is a blue quarter-circle shape. A dark blue diagonal line crosses the page, passing behind the quarter-circle. The entire composition is framed by thin black lines at the top, bottom, and sides.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Po darbo pabėgsiu



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

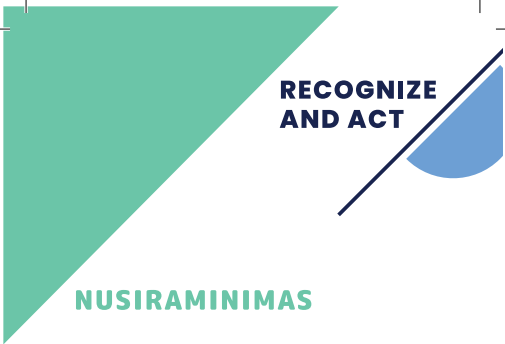
Po darbo
pasivažinėsiu dviračiu
greitu tempu

The image features a minimalist design with a large green right-angled triangle on the left side. To its right, the text "RECOGNIZE AND ACT" is written in a bold, dark blue, sans-serif font. Further to the right, there is a blue quarter-circle and a dark blue diagonal line. The entire composition is framed by thin black lines at the top, bottom, and sides.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

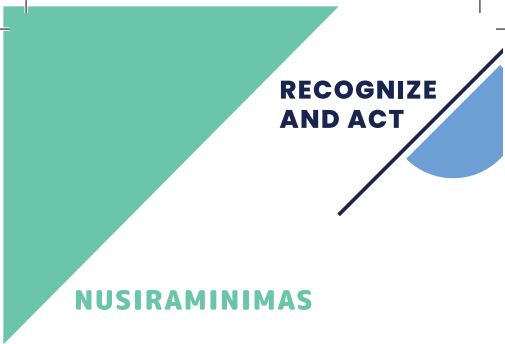
Pasilepinsiu filmu



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Apie situaciją
parašysiu personalo
pokalbių svetainėje
(chate)



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

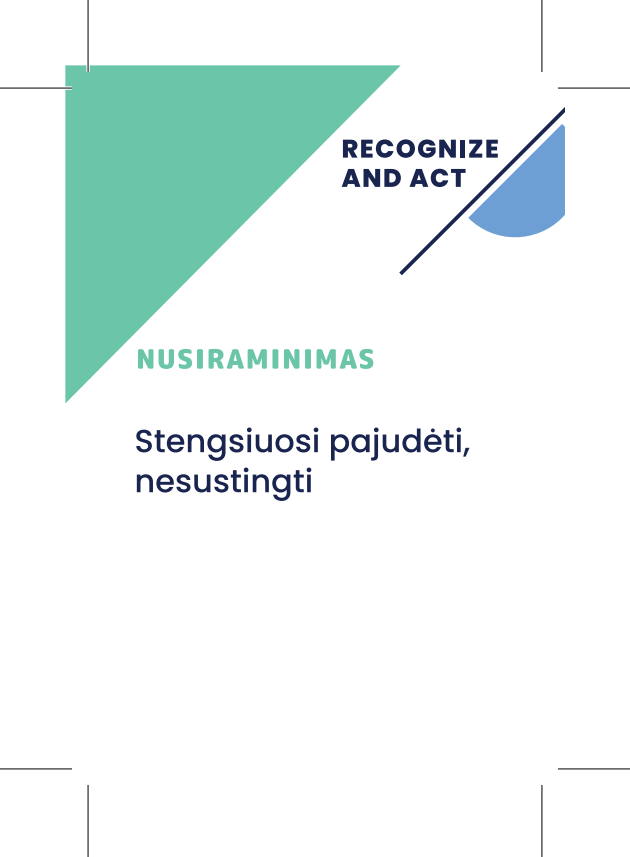
Kai būsiu namie,
išsimaudysiu karštoje
vonioje



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Po darbo ilgai
pasivaikščiosiu

The image features a minimalist design with a large green right-angled triangle on the left side. To its right, the text 'RECOGNIZE AND ACT' is written in a bold, dark blue, sans-serif font. Further to the right, there is a blue circular sector and a dark blue diagonal line. At the bottom, the Lithuanian word 'NUSIRAMINIMAS' is written in green, followed by the phrase 'Stengsiuosi pajudėti, nesustingti' in dark blue.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

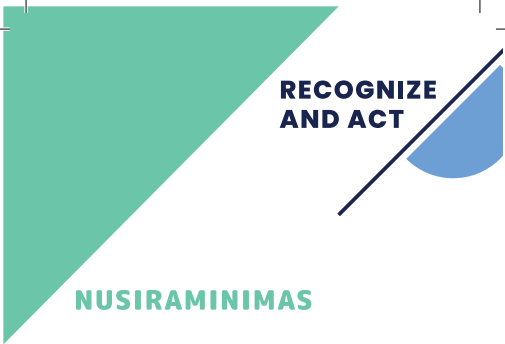
**Stengsiuosi pajudėti,
nesustingti**

The image features a minimalist design with a large green right-angled triangle on the left side. To its right, the text 'RECOGNIZE AND ACT' is written in a bold, dark blue, sans-serif font. Further to the right, there is a blue circular sector and a dark blue diagonal line. At the bottom, the Lithuanian word 'NUSIRAMINIMAS' is written in green, and below it, the phrase 'Prisiminsiu kvėpuoti' is written in dark blue.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

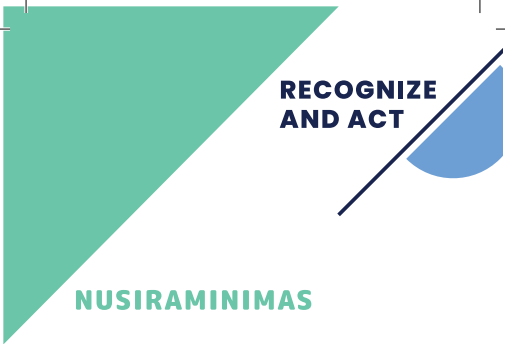
Prisiminsiu kvėpuoti



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

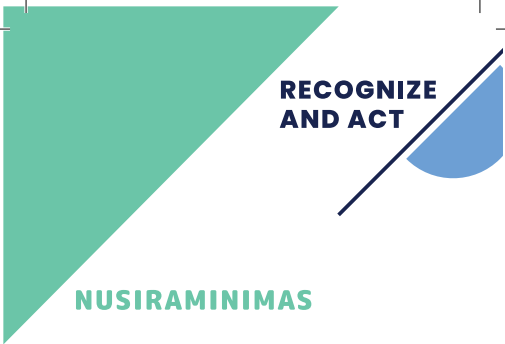
Nueisiu į personalo
skyrių, nusišypsosiu ir
atpalaiduosiu veidą



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

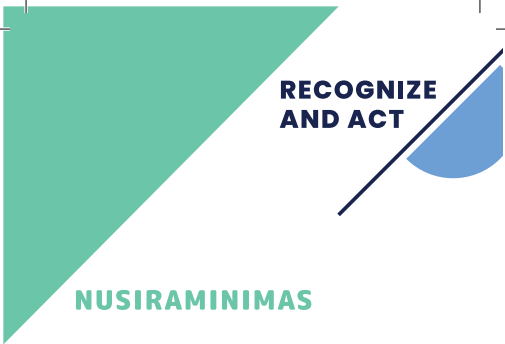
Nueisiu į saugią vietą,
užsimerksiu ir giliai
įkvėpsiu



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

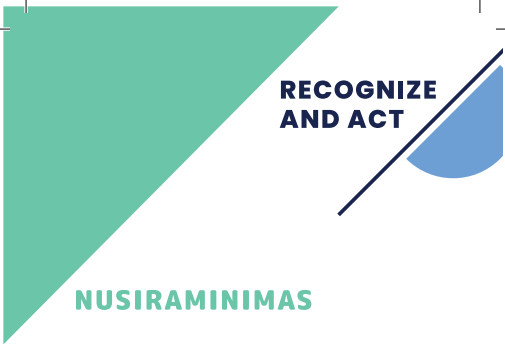
Susiplanuosiu, ką
veiksiu vakare po
darbo



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

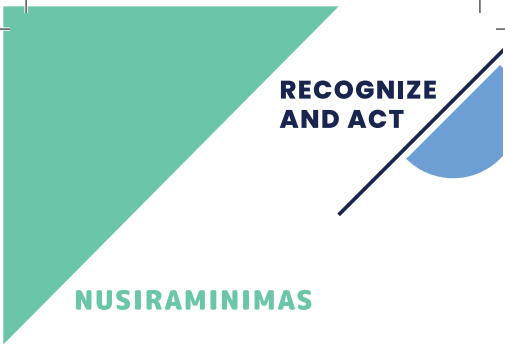
Artimiausiu metu
stengsiuosi
pasiplanuoti mažiau
naktinių pamainų



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Nusiprausiu veidą
šaltu vandeniu**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Laukysiu prie savęs
telefoną



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

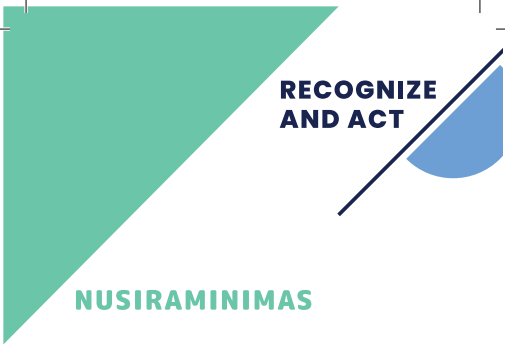
Prisiminsiu, kad
pamaina visad
baigiasi



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

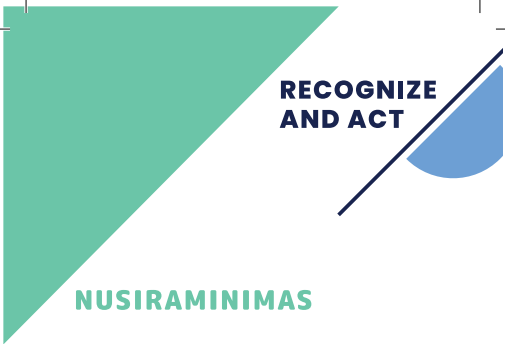
**Leisiu sau jausti savo
emocijas**



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

Rasiu laiko apmąstyti
savo skaudžią patirtį
darbe



**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Rašysiu savo patirčių
dienoraštį**

The image features a minimalist design with a large green right-angled triangle on the left. To its right, the text 'RECOGNIZE AND ACT' is displayed in a bold, dark blue, sans-serif font. Further right is a blue quarter-circle shape. A dark blue diagonal line runs from the top right towards the center. The entire composition is framed by thin black lines at the top, bottom, and sides.

**RECOGNIZE
AND ACT**

NUSIRAMINIMAS

**Suskaičiuosiu iki
dešimties**