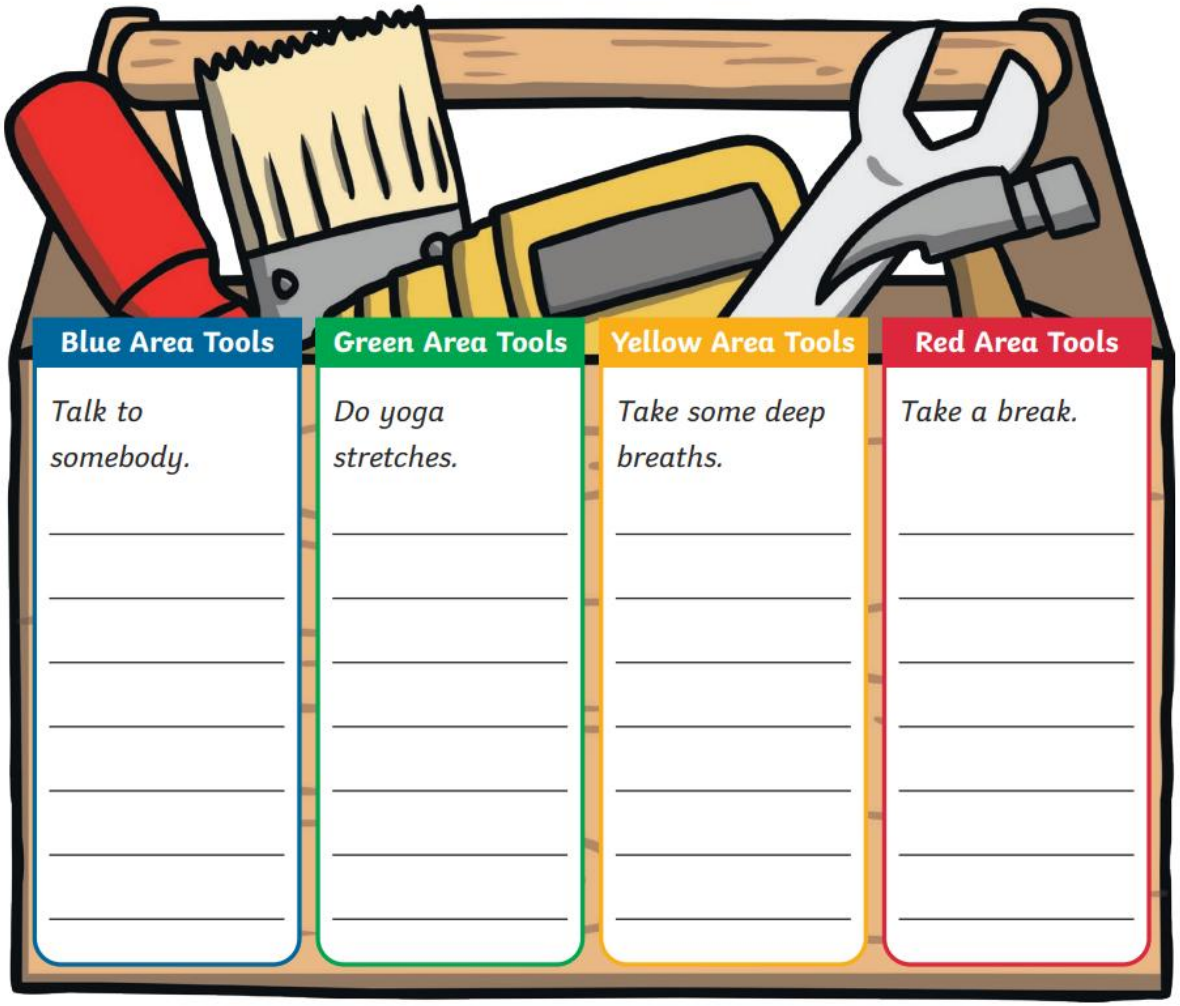
Blue Area Tools
Talk to somebody.
Green Area Tools
Do yoga stretches.
Yellow Area Tools
Take some deep breaths.
Red Area Tools
Take a break.