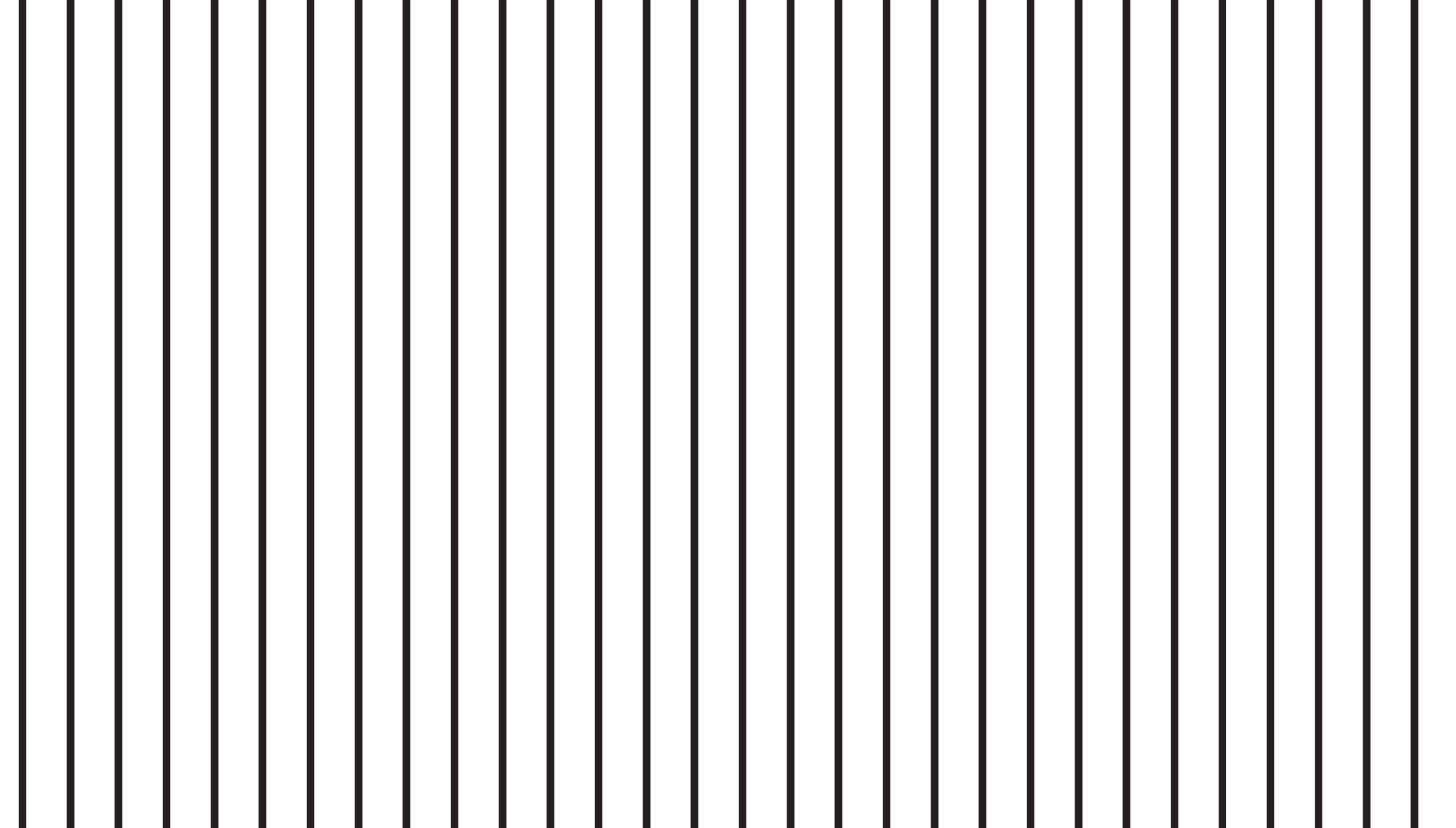go for a walk, it helps. I promise.