**Calm Space Code (HTML + JavaScript)**

<section id="calmspace" class="calm-space hidden"></section id="calmspace" class="calm-space hidden">

  <header class="calm-header"></header class="calm-header">

**🌥️ Calm Space – Hosted by Winnie**

    <p class="intro-text">Welcome to your safe space. I'm Winnie, and I'm here to help you feel calm, centered, and ready for anything. Take a deep breath with me.</p class="intro-text">

  <div class="scene-selector"></div class="scene-selector">

    <label for="scenedropdown">Choose your nature scene:</label for="scenedropdown">

    <select id="scenedropdown" onchange="updatescene()"></select id="scenedropdown" onchange="updatescene()">

      <option value="rainforest">Rainforest</option value="rainforest">

      <option value="ocean">Ocean</option value="ocean">

      <option value="beach">Beach</option value="beach">

      <option value="bush">Bush</option value="bush">

      <option value="desert">Desert</option value="desert">

      <option value="tropical">Tropical Hammock</option value="tropical">

      <option value="outback">Outback</option value="outback">

      <option value="rainy">Rainy Day</option value="rainy">

  <div class="audio-controls"></div class="audio-controls">

    🎵 Background Music:

    <button onclick="playnaturesounds()">Nature</button onclick="playnaturesounds()">

    <button onclick="playmeditationmusic()">Meditation</button onclick="playmeditationmusic()">

    <button onclick="stopmusic()">Mute</button onclick="stopmusic()">

  <div class="tools-grid"></div class="tools-grid">

    <button onclick="startguidedbreathing()">🫁 Guided Breathing</button onclick="startguidedbreathing()">

    <button onclick="startfivesenses()">👁️ 5 Senses Grounding</button onclick="startfivesenses()">

    <button onclick="startenergybreak()">🏃 Energy Break</button onclick="startenergybreak()">

    <button onclick="playaffirmations()">🧘 Mindfulness Mantras</button onclick="playaffirmations()">

    <button onclick="openjournal()">📓 Journal Entry</button onclick="openjournal()">

  <div id="breaktimer" class="hidden"></div id="breaktimer" class="hidden">

    <p id="breakmessage">⏳ Starting your break...</p id="breakmessage">