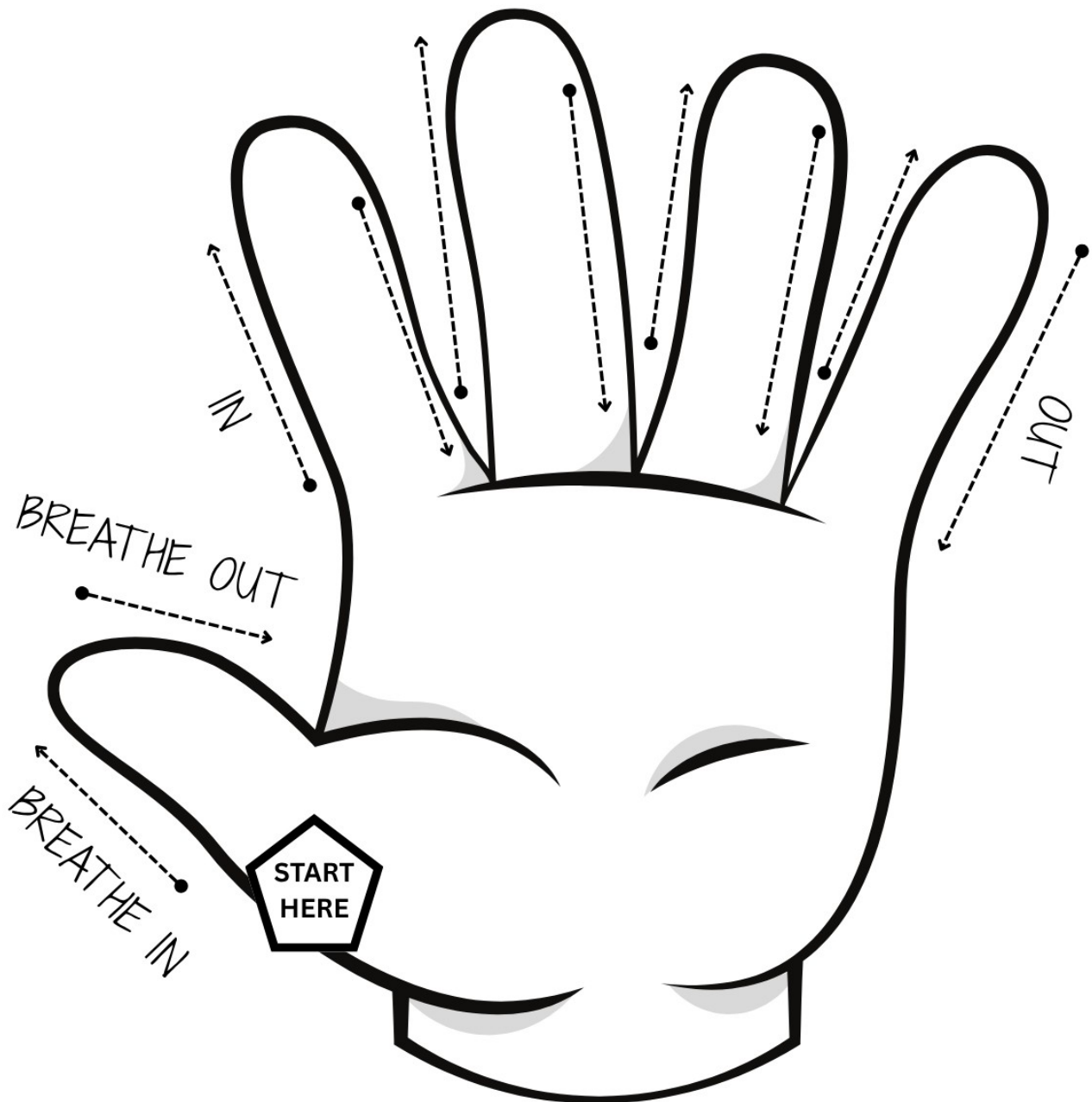


# FINGER BREATHING



Trace your fingers  
Repeat until you feel calm

