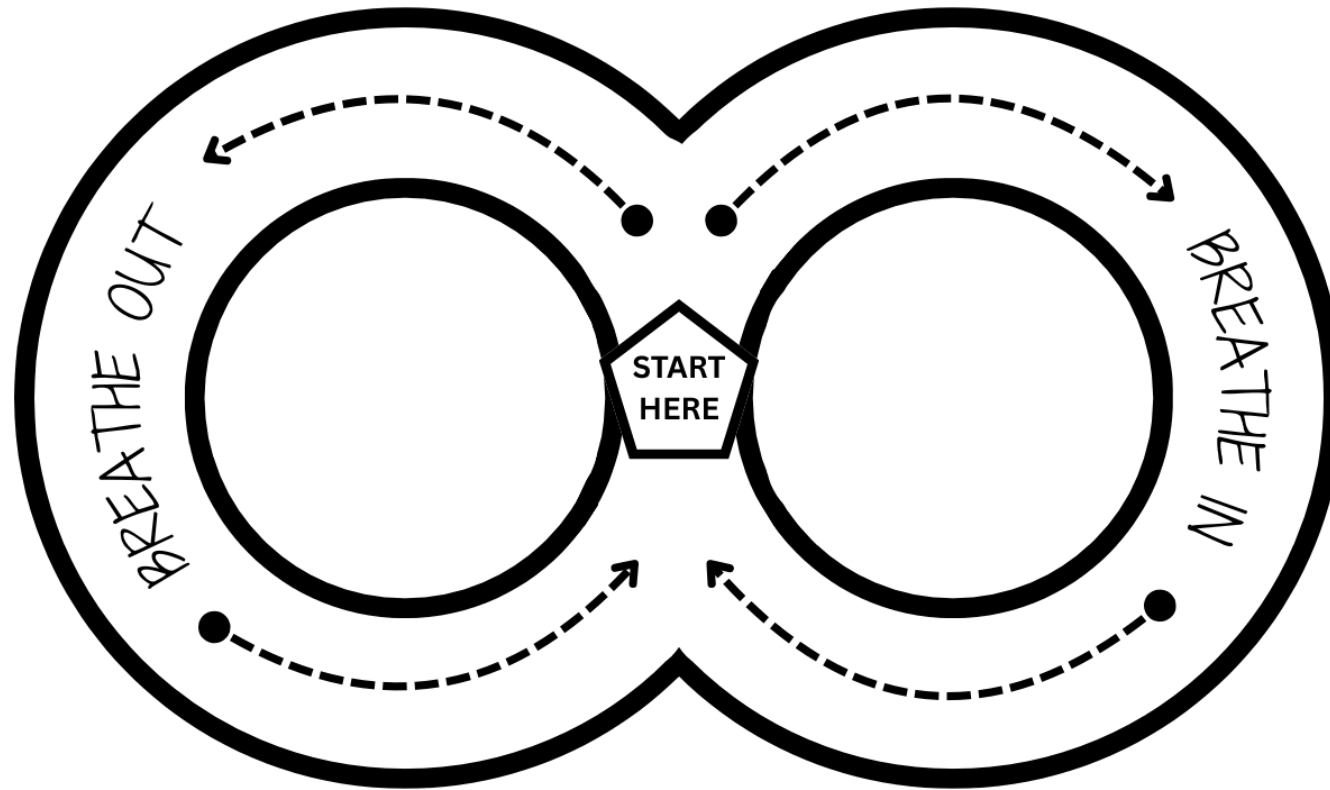


LAZY 8 BREATHING



Trace with your fingers 
Repeat until you feel calm