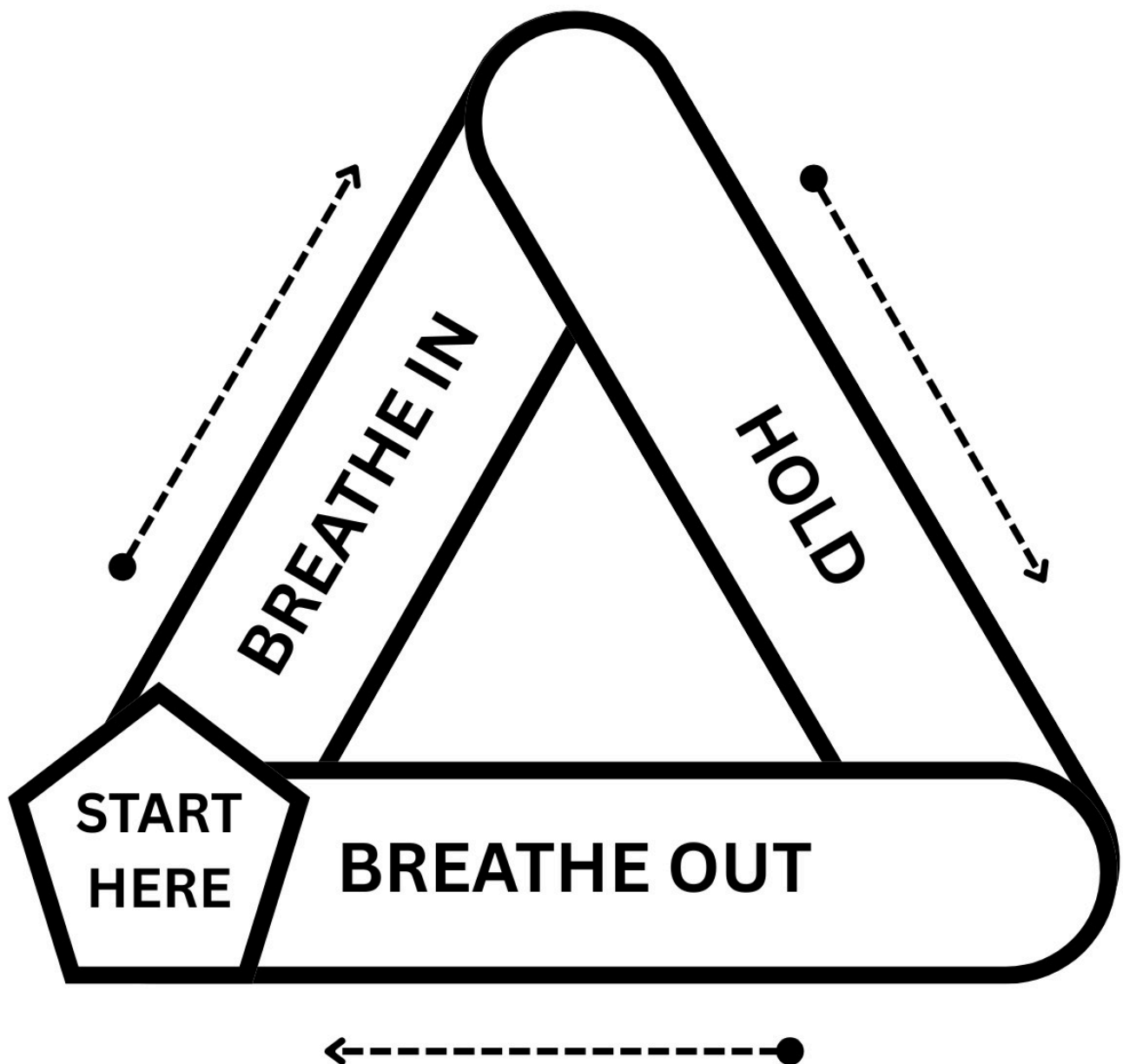


# TRIANGLE BREATHING



Trace with your finger   
Repeat until you feel calm