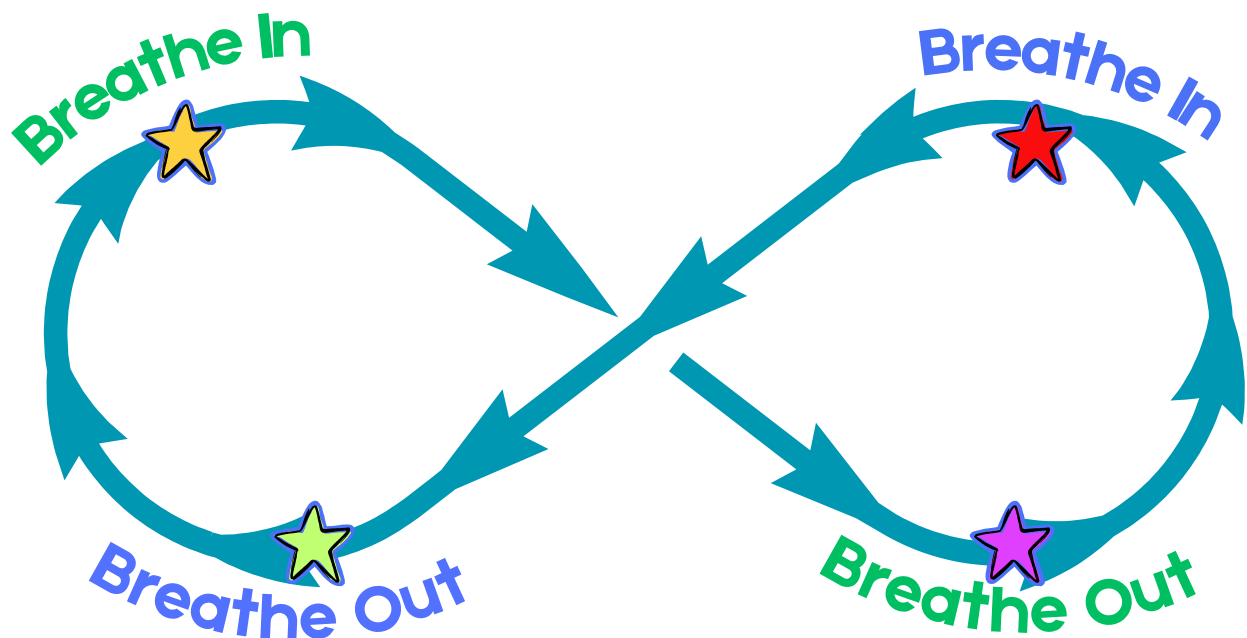


- 1 Start at the yellow star, and slowly trace the figure 8.
- 2 Breathe in until you reach the pink star.
- 3 Breathe out until you reach the red star.
- 4 Breathe in until you reach the green star.
- 5 Breathe out until you reach the yellow star. Repeat until you feel calm.



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