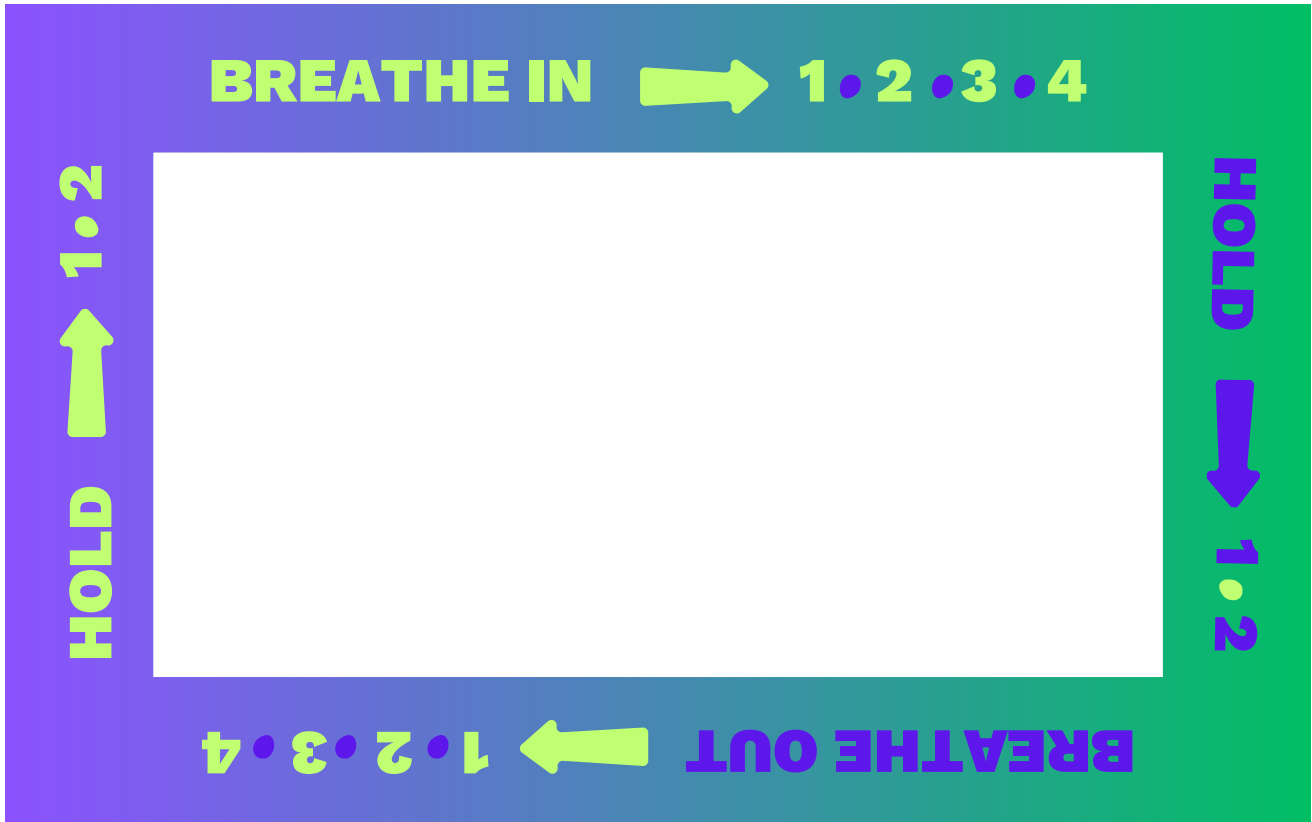


YOU'VE GOT THIS!

Trace the rectangle with your finger. Breathe in for a count of 4, hold for a count of 2, breathe out for a count of 4, hold for a count of 2. Repeat until you feel calm.



YOU'VE GOT THIS!

Trace the rectangle with your finger. Breathe in for a count of 4, hold for a count of 2, breathe out for a count of 4, hold for a count of 2. Repeat until you feel calm.

