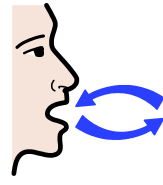
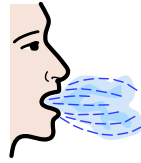


Calm



breathing



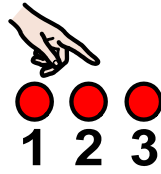
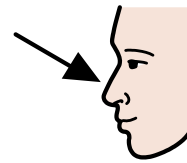
big

breath

in

through

nose



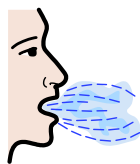
1 2 3

count

3

to

3



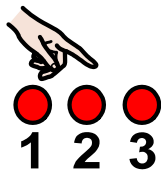
big

breath

out

through

mouth



1 2 3

count

3

to

3