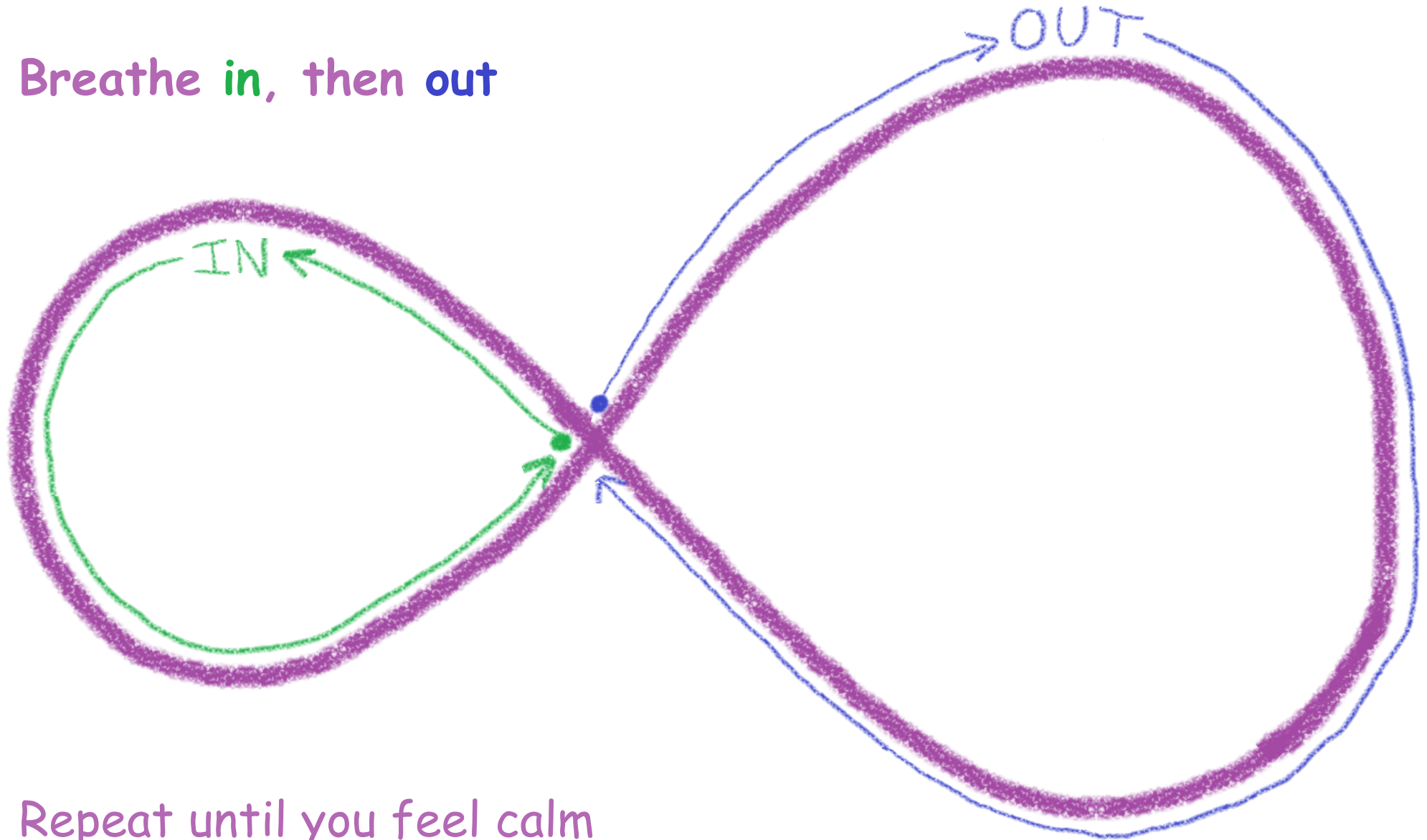


Trace the shape with your finger

Breathe **in**, then **out**



Repeat until you feel calm