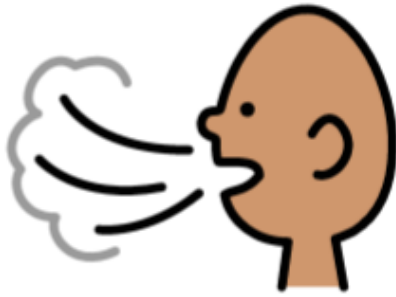


Practice breathing



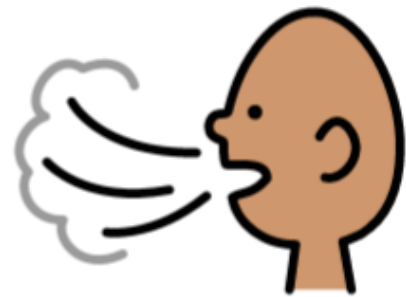
breath in

1. Breathe in, counting:
1 . . . 2 . . . 3 . . . 4 . . . 5



blow out

2. Blow out, counting:
1 . . . 2 . . . 3 . . . 4 . . . 5



breath in

3. Breathe in, counting:
1 . . . 2 . . . 3 . . . 4 . . . 5



blow out

4. Blow out, counting:
1 . . . 2 . . . 3 . . . 4 . . . 5