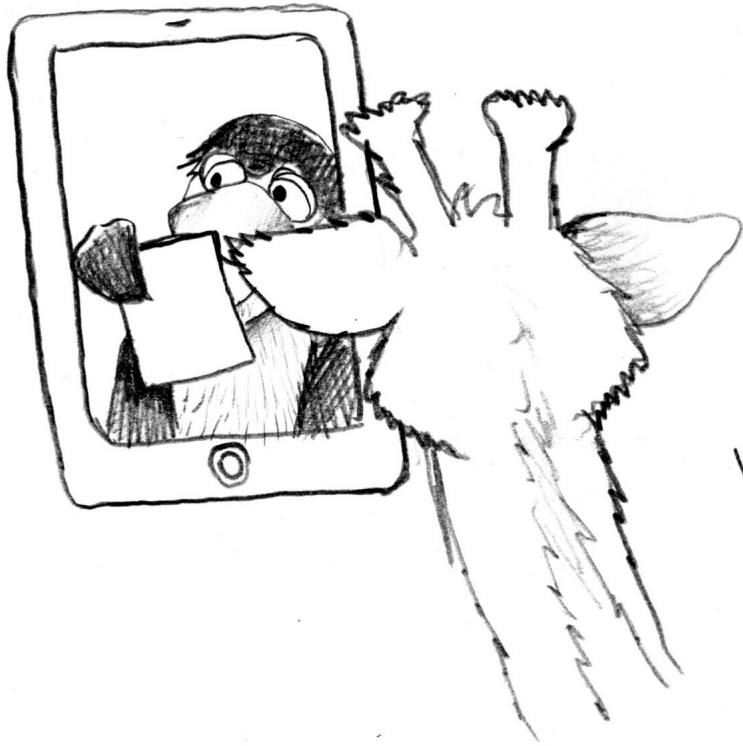
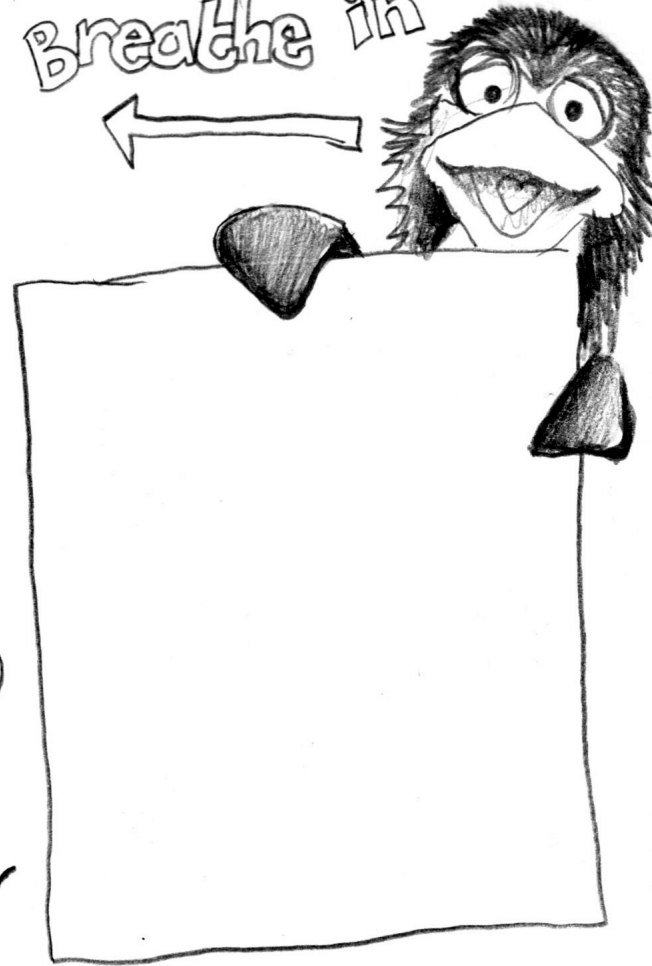


#3



Hold for
4 seconds

Breathe in



Breathe
out

... and
repeat

a piece of paper can
calm you down!