

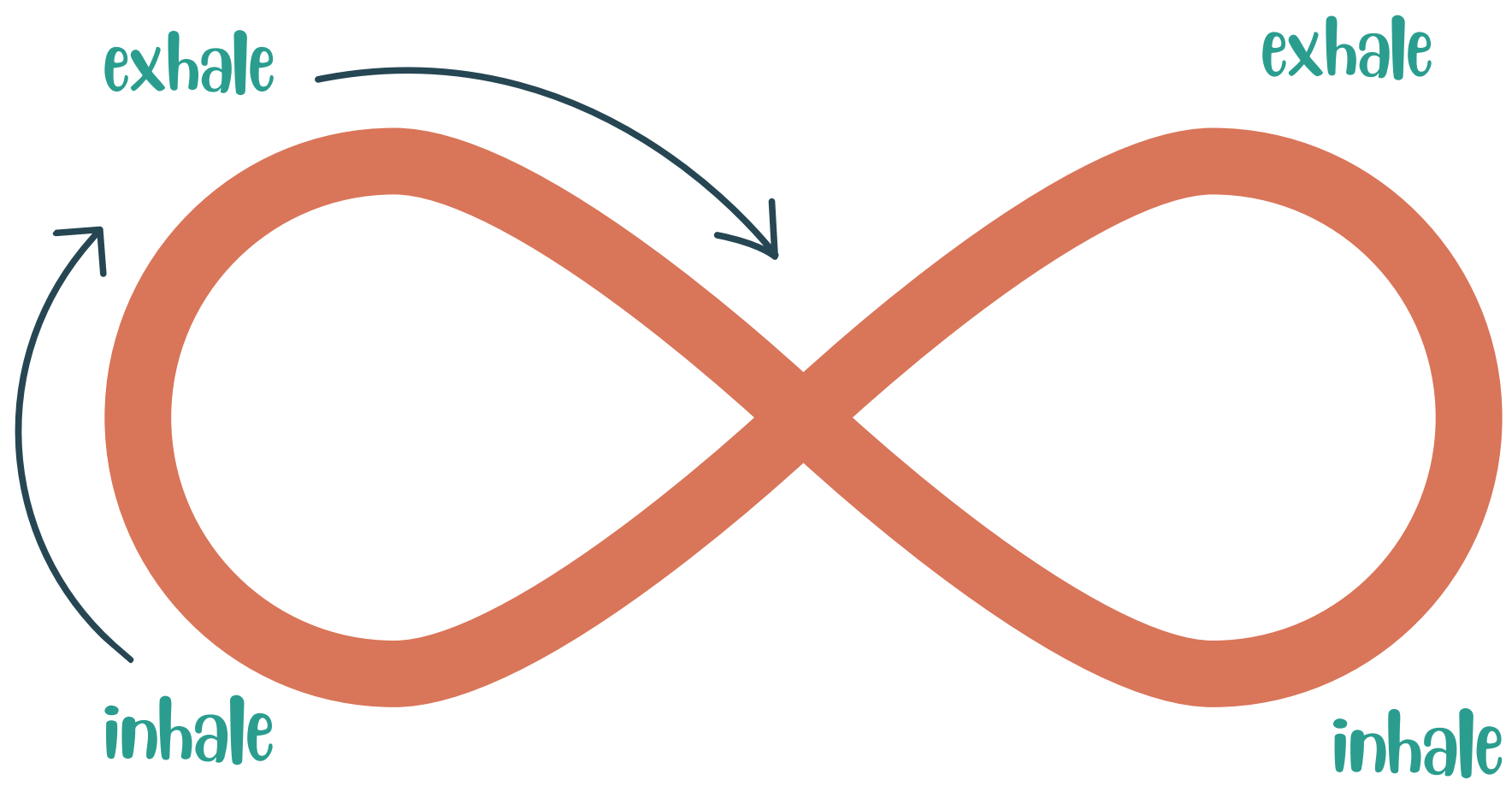


FIGURE EIGHT BREATHING

Breathe deeply in a figure-eight motion to find peace. Imagine the shape in your mind or trace the shape on your desk while you breathe. Repeat as needed.