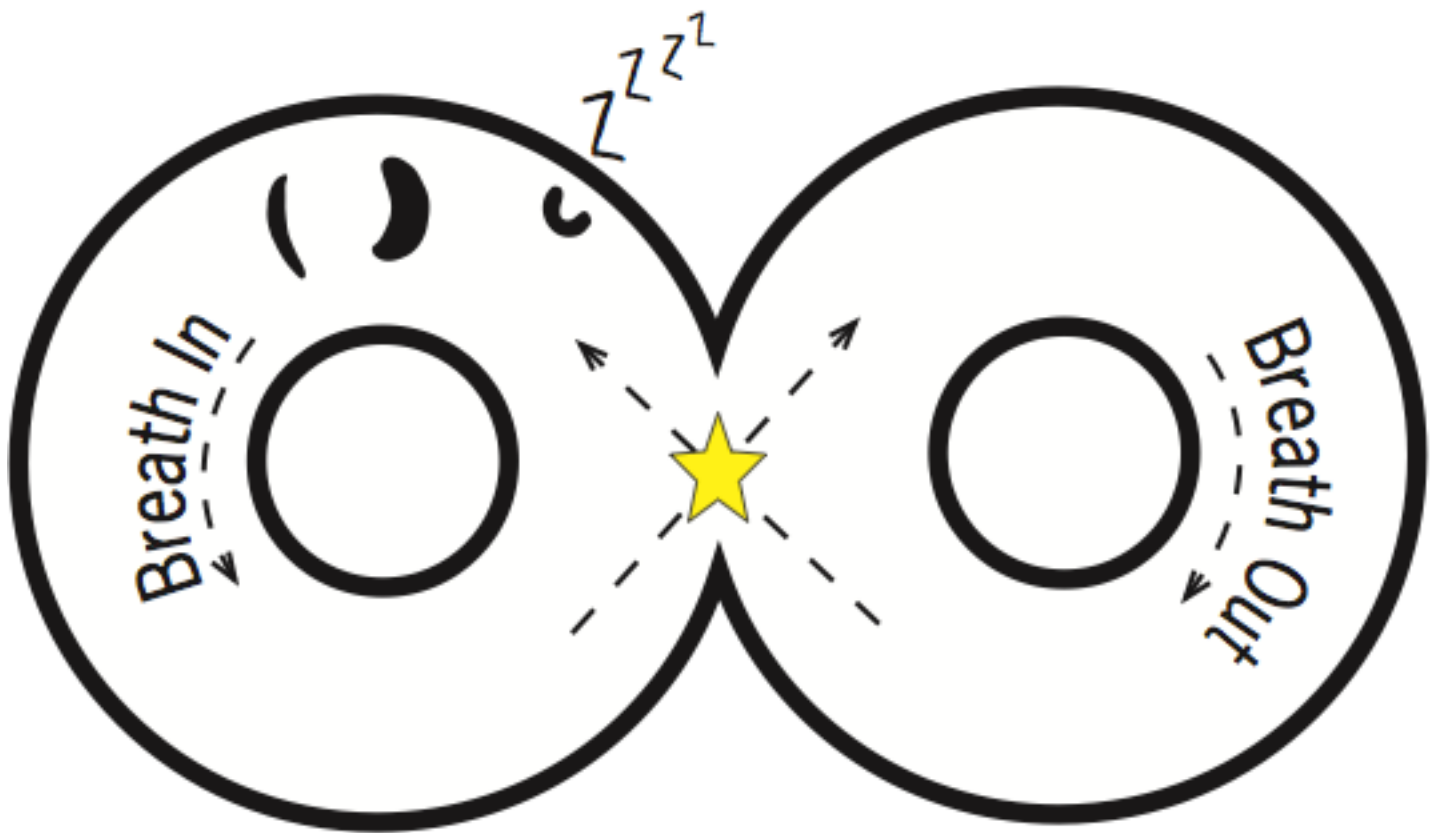


Lazy 8 Breathing



Step 1: Start with your finger on the star.

Step 2: Take a deep breath in and trace your finger around the left side of the 8.

Step 3: When you get back to the star, start breathing out.

Step 4: Continue doing this pattern until you feel calm.