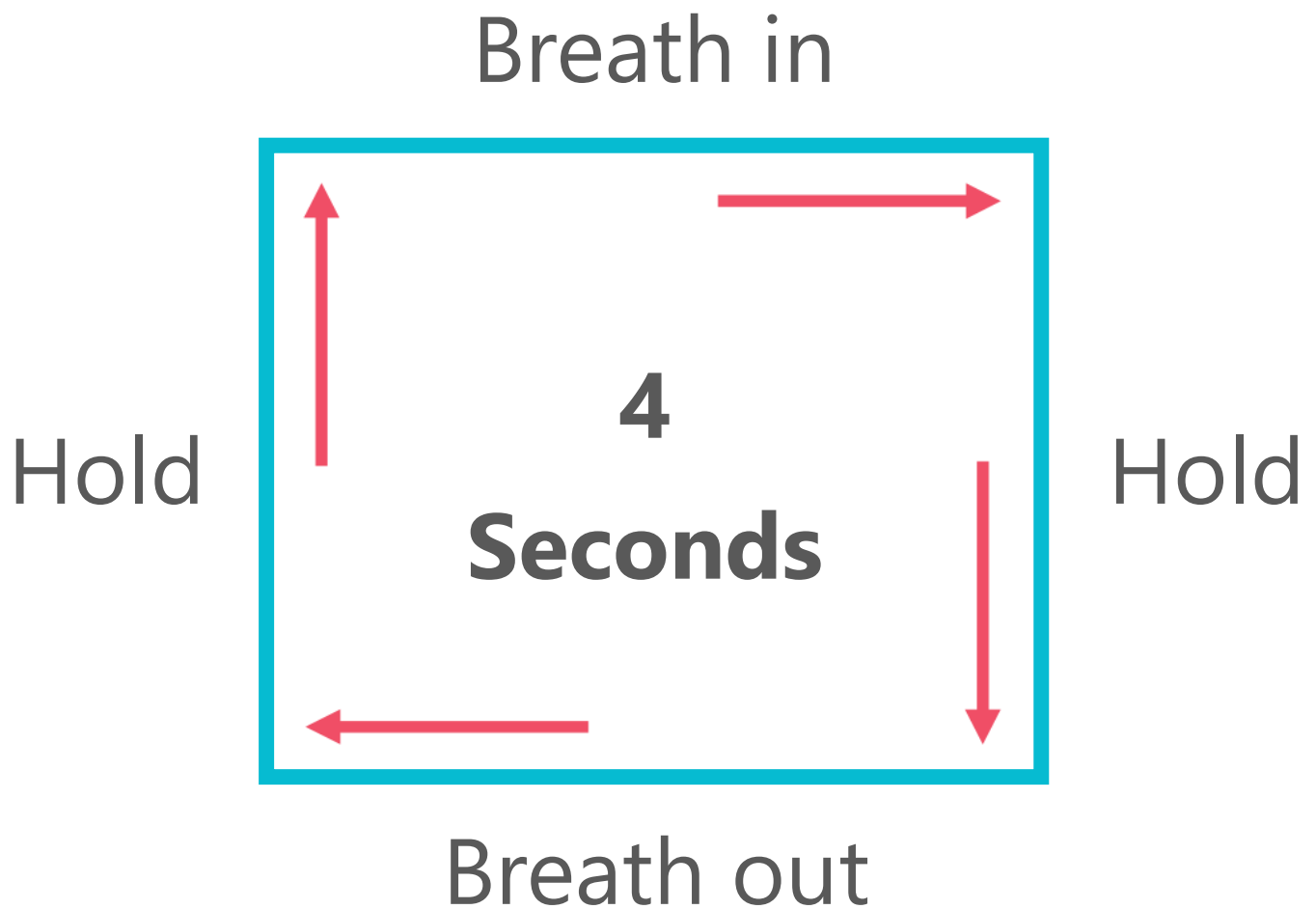


Square breathing

If you are having trouble calming down, square breathing can help!



Follow the arrows around the square. Do each side for 4 seconds.