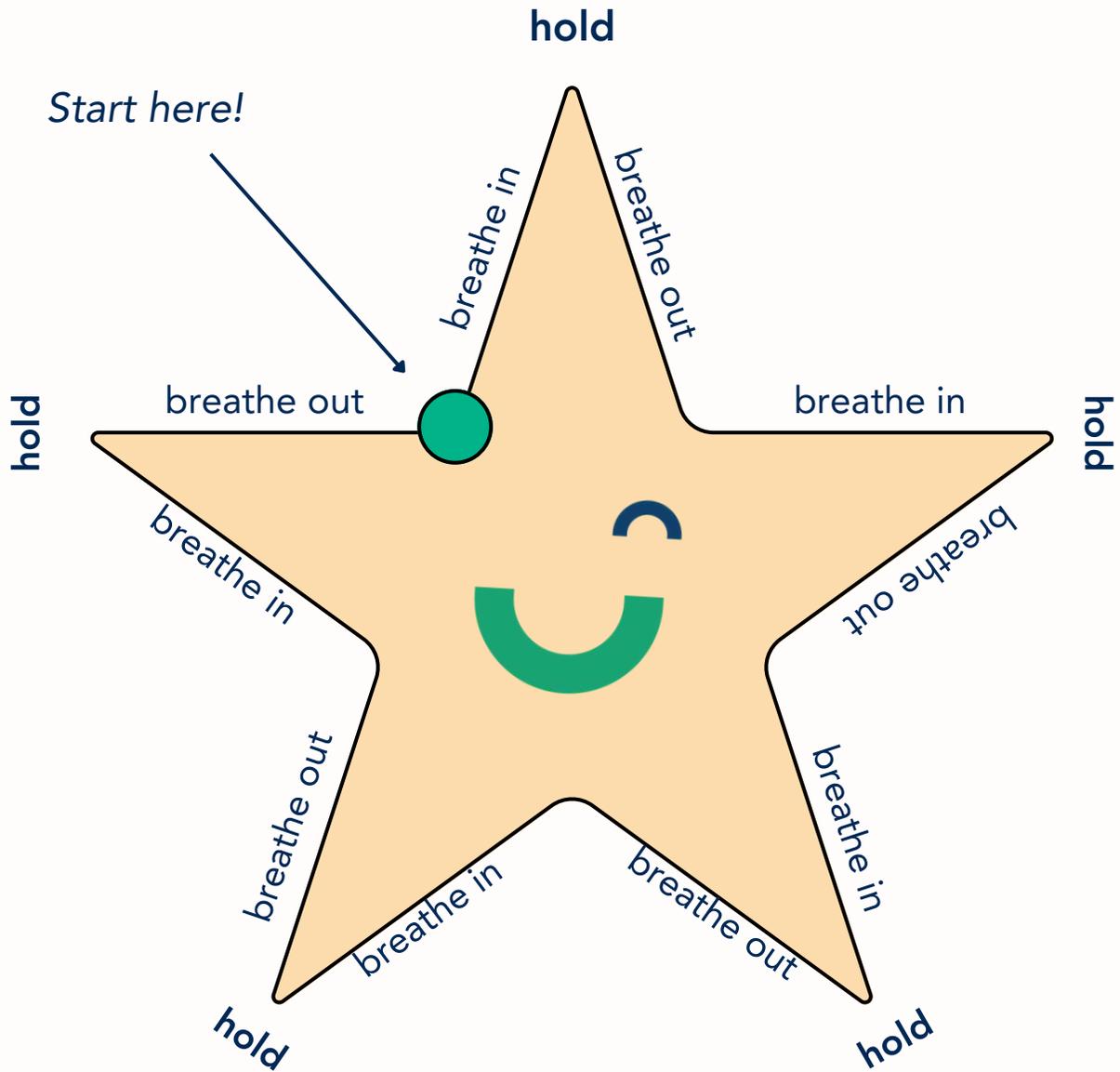


CONTROLLED

Breathing

Starting on the dot, follow the breathing prompts while you trace your finger around the star in a clockwise direction.



SQUARE

Breathing

Starting on the dot, take one slow breath in and count to 4.
Hold it for 4, breathe out for 4. Repeat!

