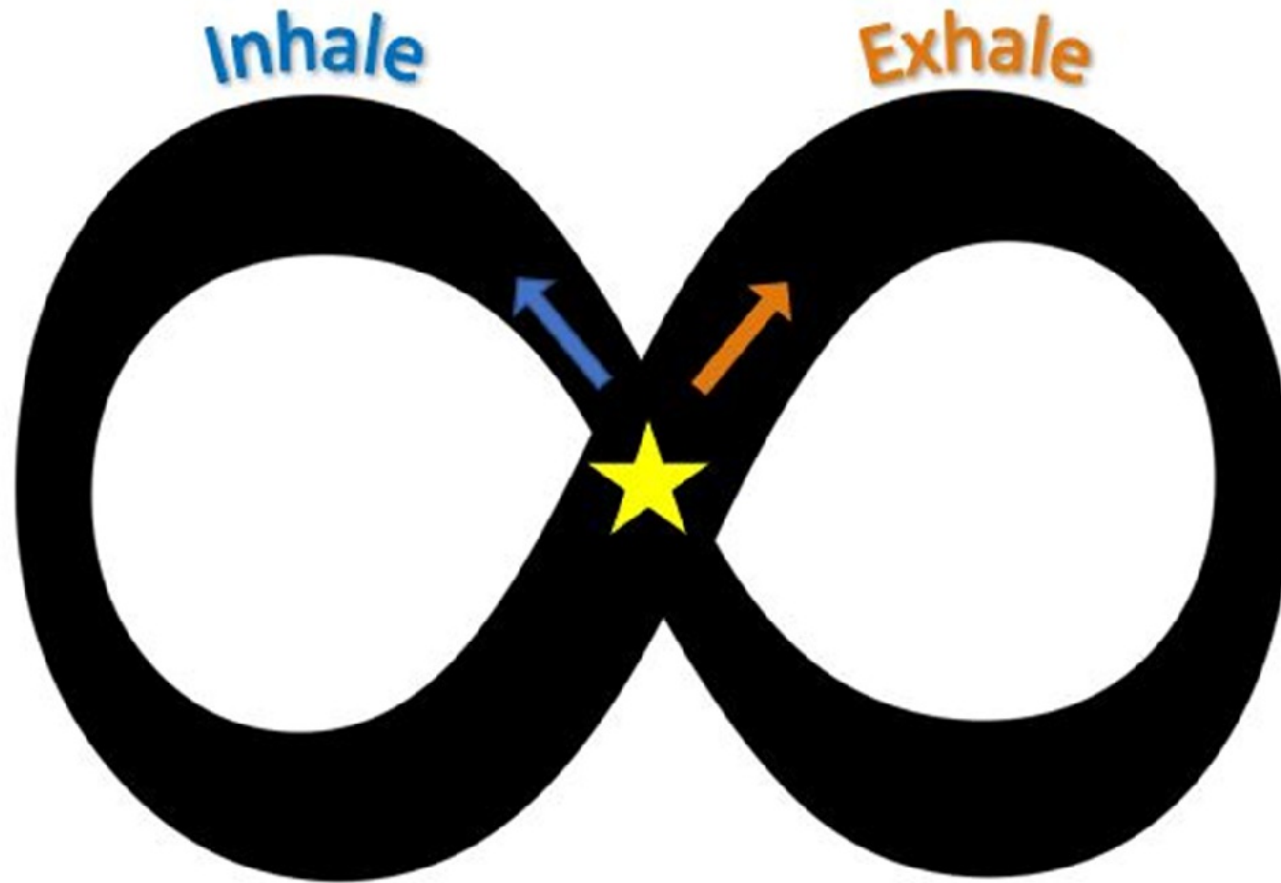


Breathing Strategies to Calm You Down



3-Minute Breathing Space



Notice 5 Things



Relaxing Breathing Training

