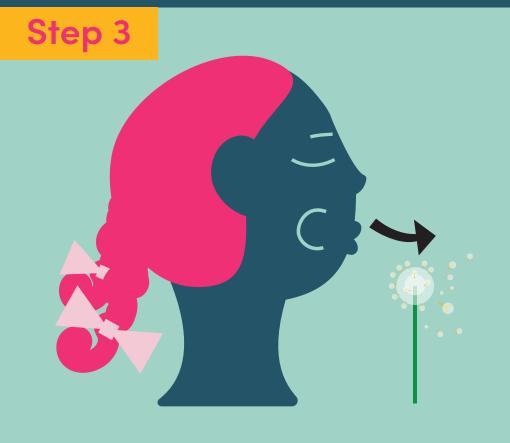
Use your breath to de-stress

Everyone can feel worried or stressed.

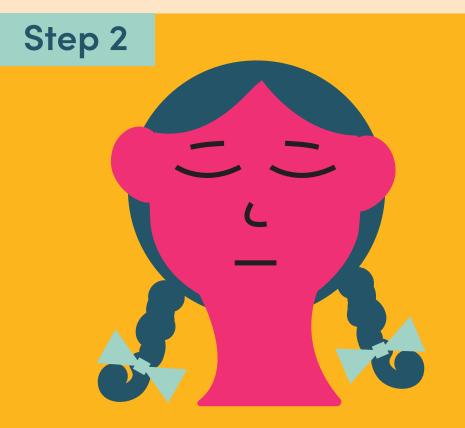
Do this to feel better.



Breathe in 1, 2, 3, 4



Breathe out 1, 2, 3, 4



Pause (11) 1, 2, 3, 4



Pause (11) 1, 2, 3, 4

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