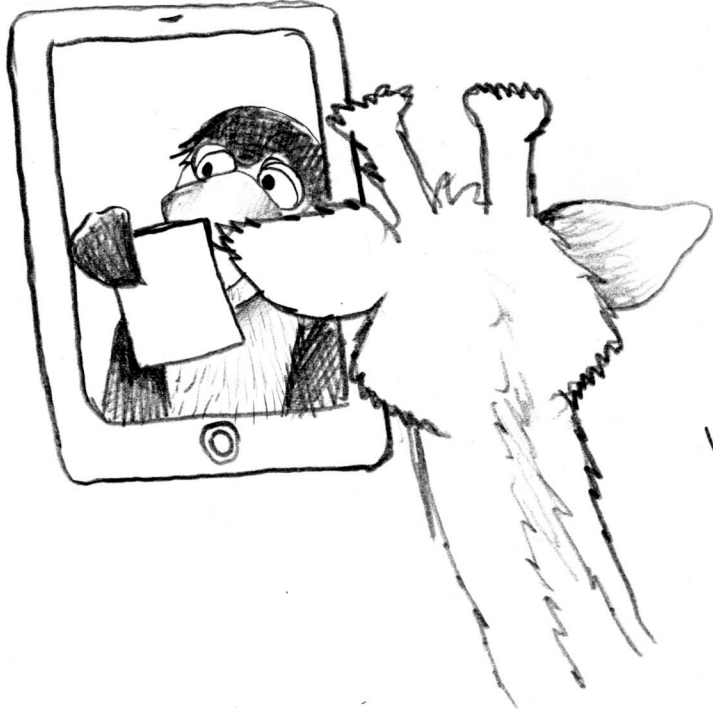
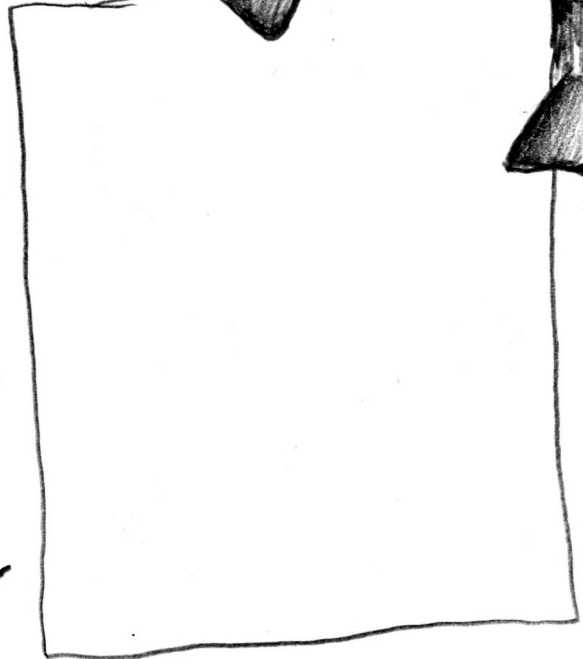


#3



Hold for
4 seconds



Breathe
out

... and
repeat

a piece of paper can
calm you down!