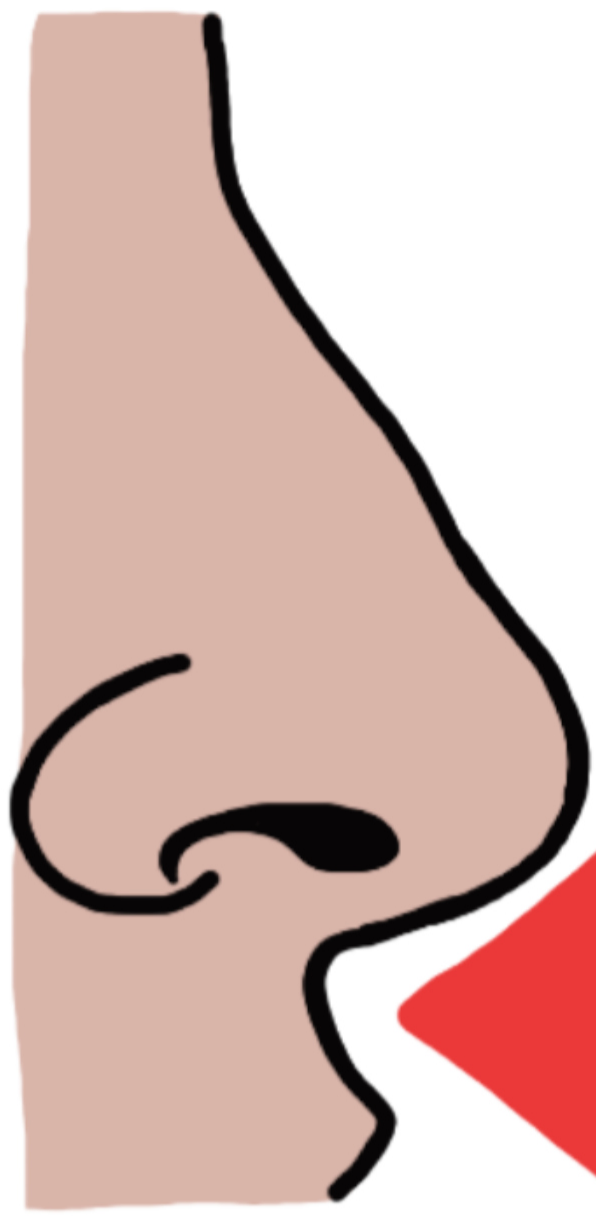


4-7-8 BREATHING



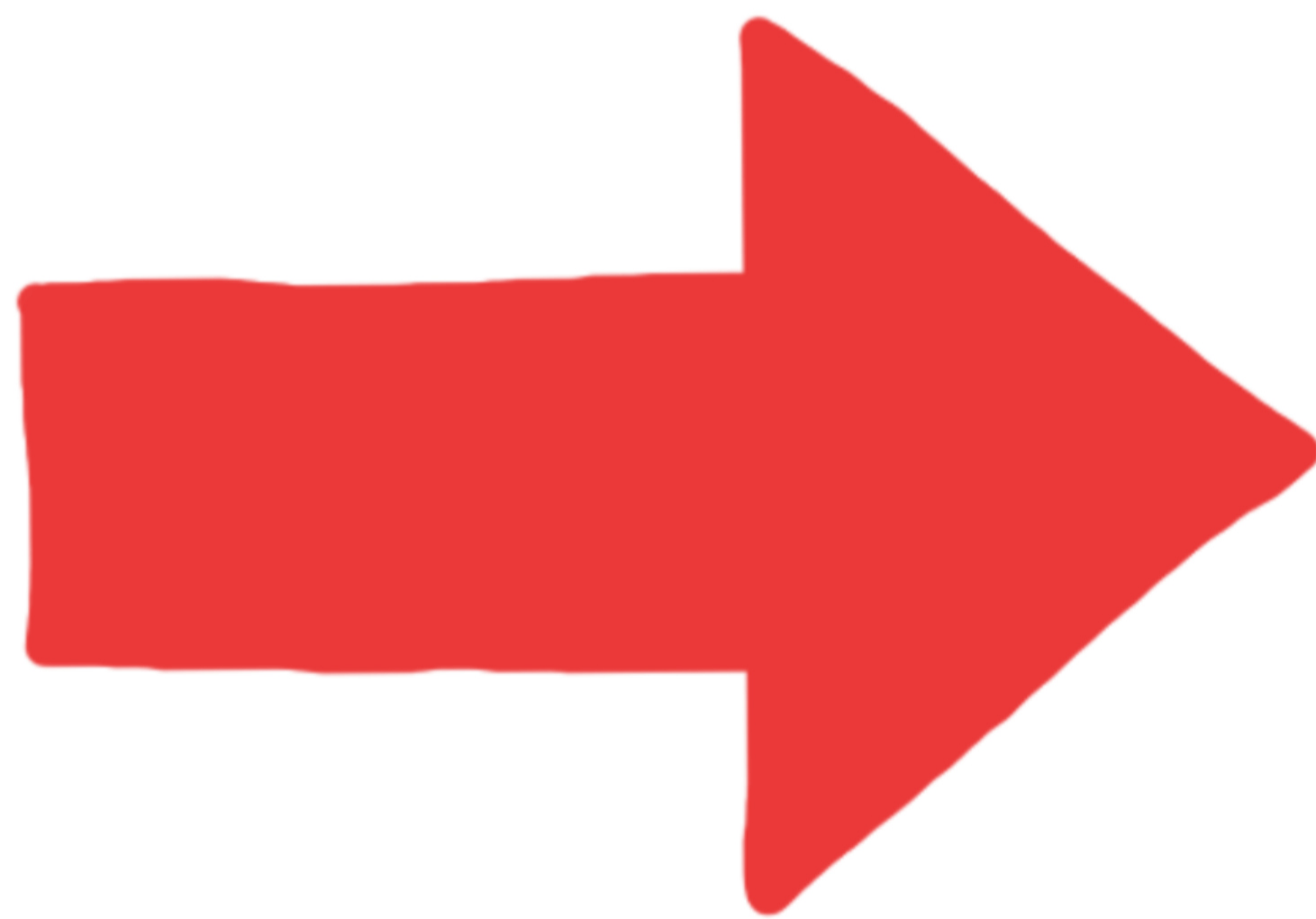
Take a deep breath in for a count of 4.

1, 2, 3, 4

Hold your breath for 7 seconds.



Breathe out for a count of 8 seconds.



8