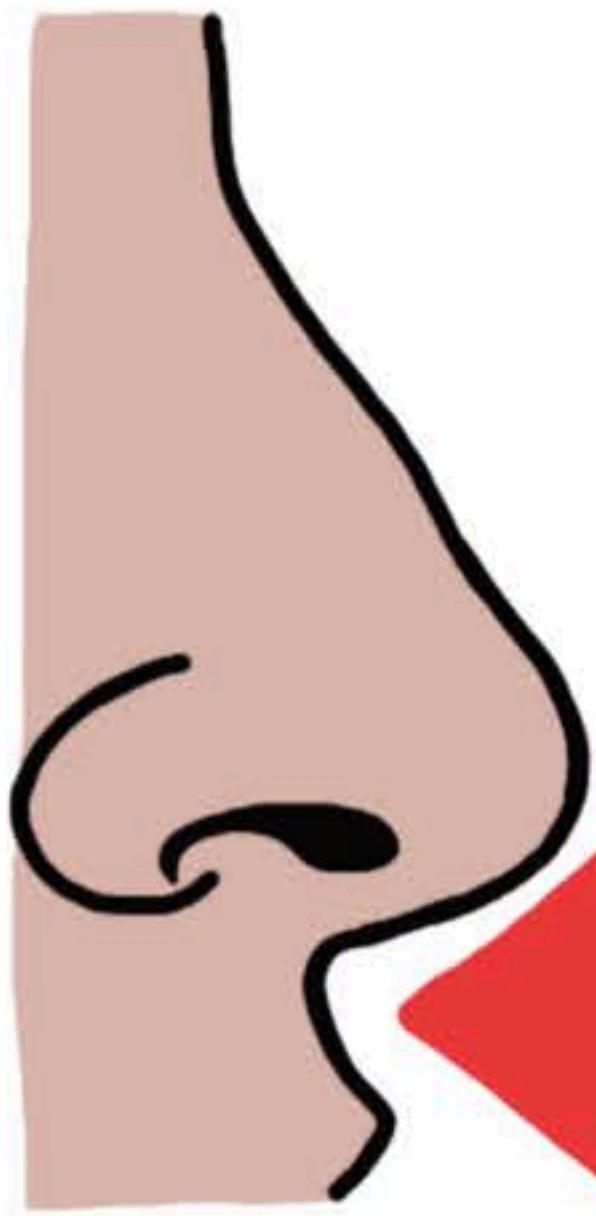
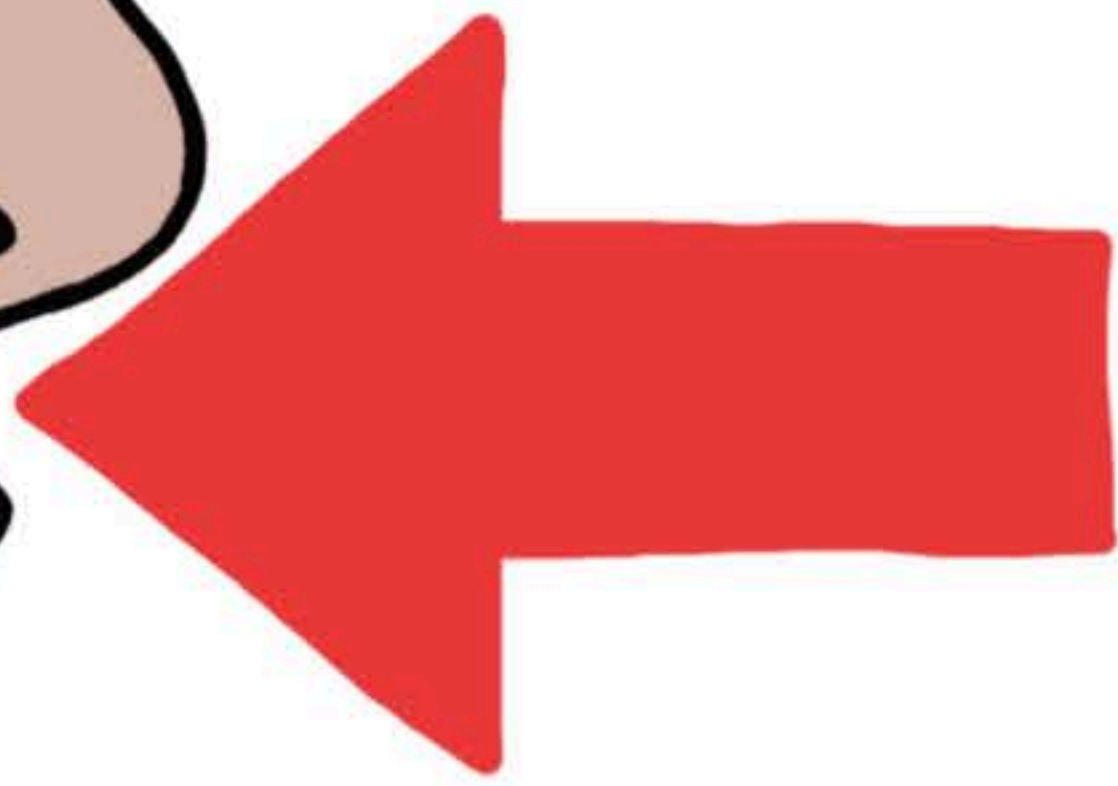


4-7-8 BREATHING



Take a deep breath in for a count of 4.

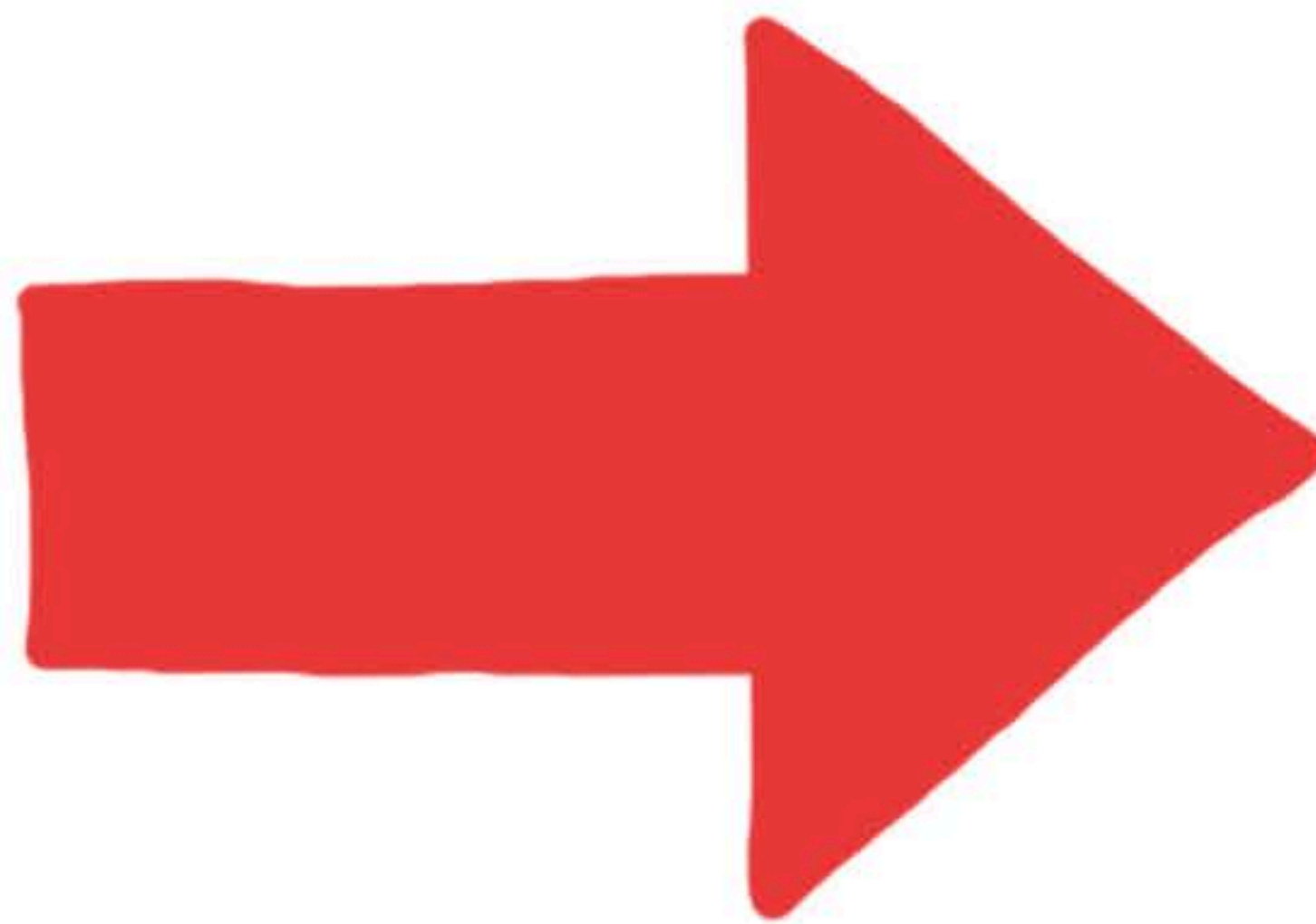


1, 2, 3, 4

Hold your breath for 7 seconds.



Breathe out for a count of 8 seconds.



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