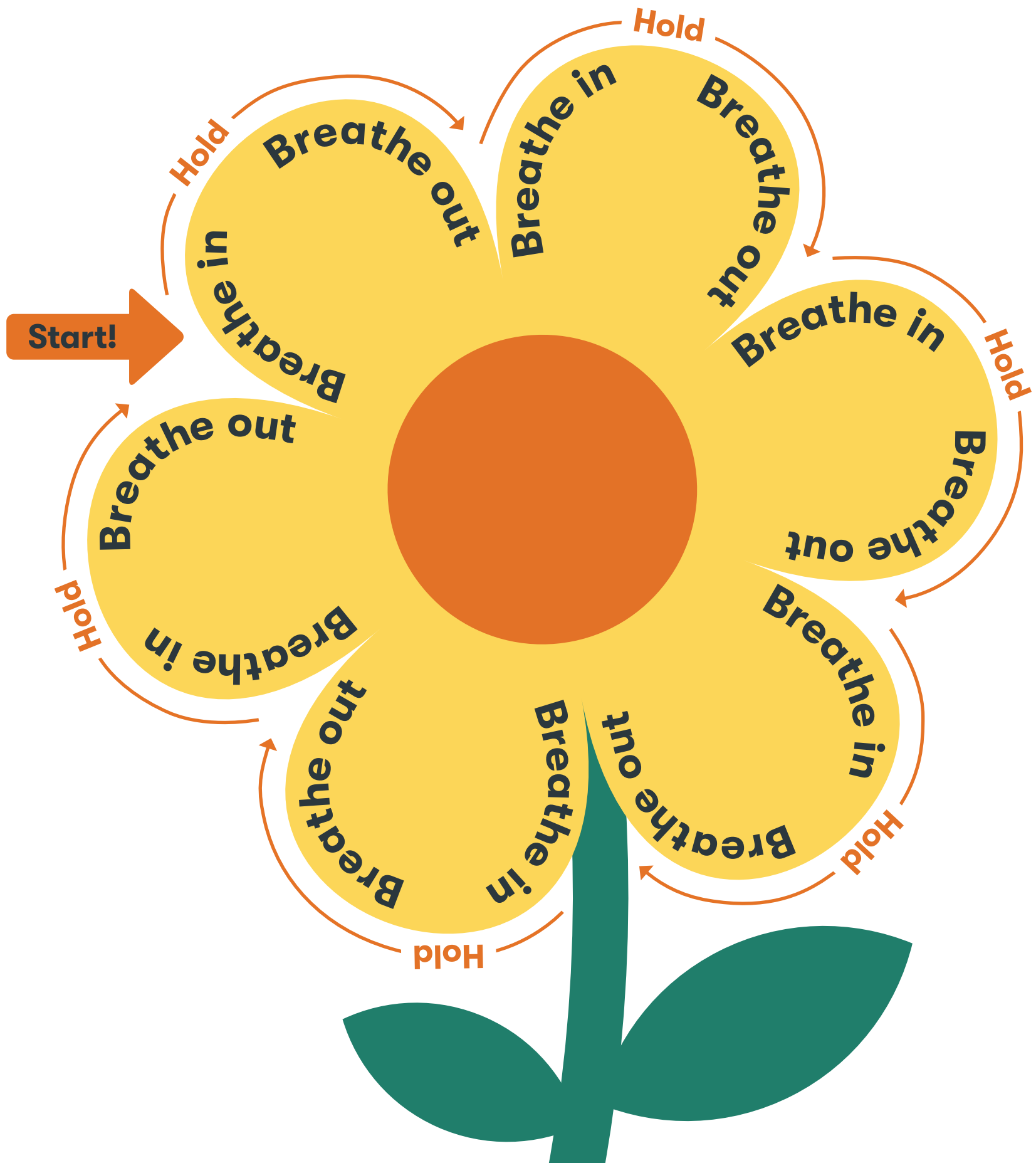


# Take a breath. You've got this.

Follow the flower to help your body feel calm.



## Follow the petals as you breathe:

Breathe in as you move up a petal  
Breathe out as you move down

Go around the flower slowly,  
letting all your stress and worry go as you exhale.