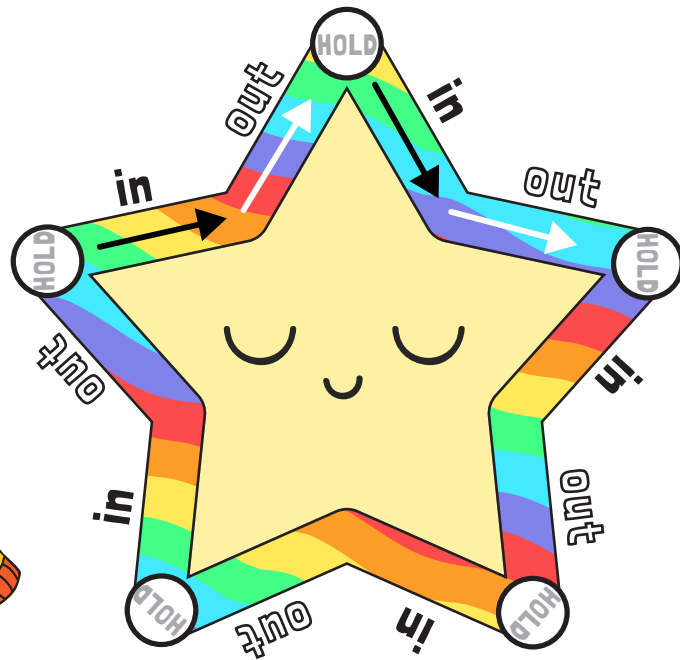


Move your finger very slowly around the shape.

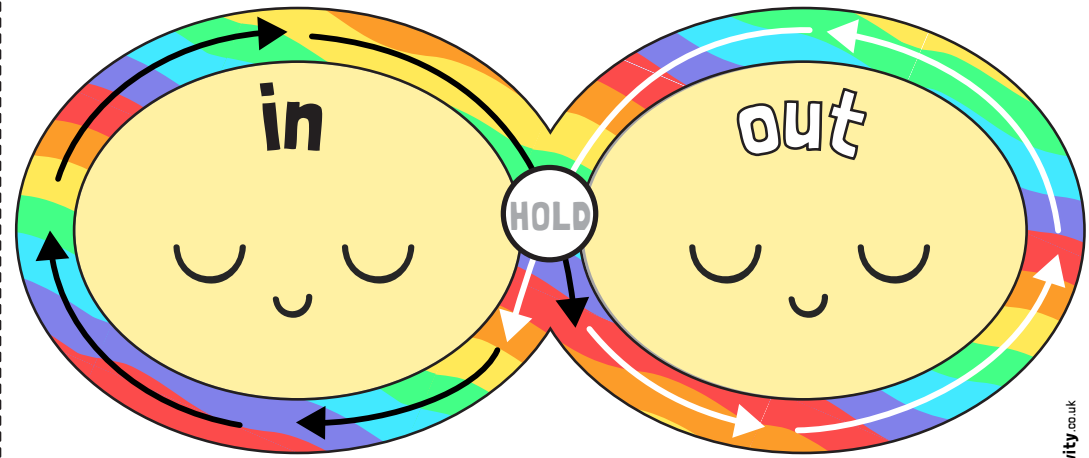
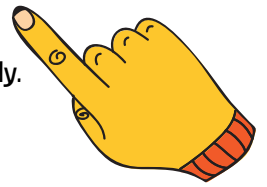
Following the arrows, breathe in and then out deeply, slowly and calmly.

When you reach a circle hold it there for 5 seconds and continue.



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Move your finger very slowly around the shape. Following the arrows, breathe in and then out deeply, slowly and calmly. When you reach a circle hold it there for 5 seconds and continue.

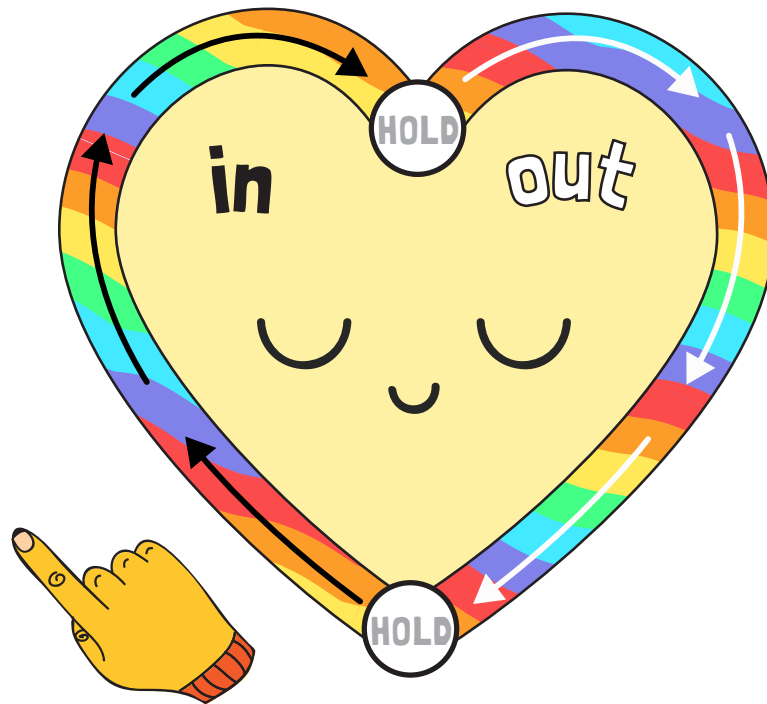


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Move your finger very slowly around the shape.

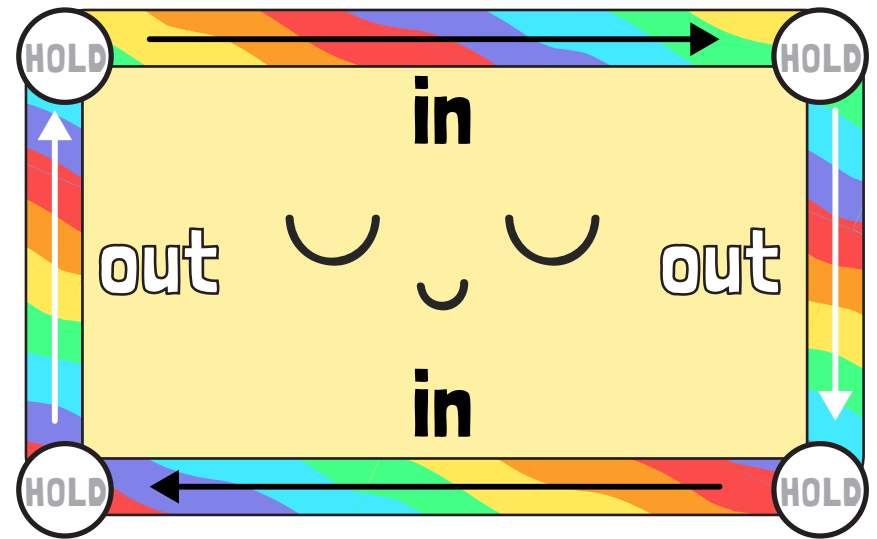
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