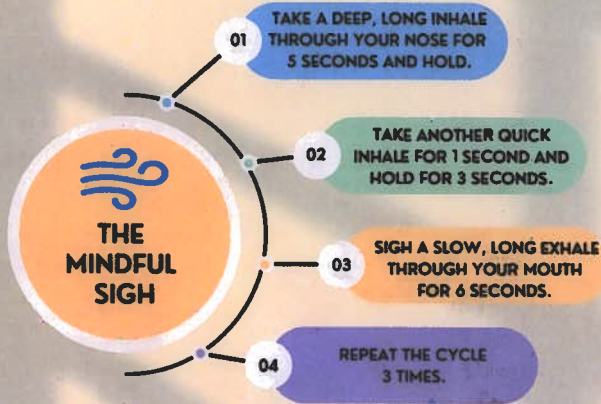


4 Steps to Less Anxiety and Stress



Reduce Anxiety in 10 seconds



MY 5-MINUTES SELF-CARE



Handy Guide Simple Breathing Technique

Inhale	Hold	Exhale	Hold	Benefit
4	1	8	4	Calming
8	1	8	1	Balancing
6	4	6	1	Energizing