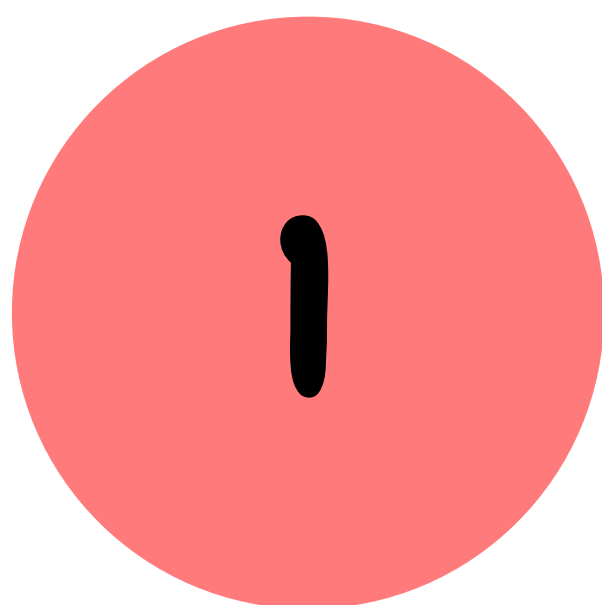
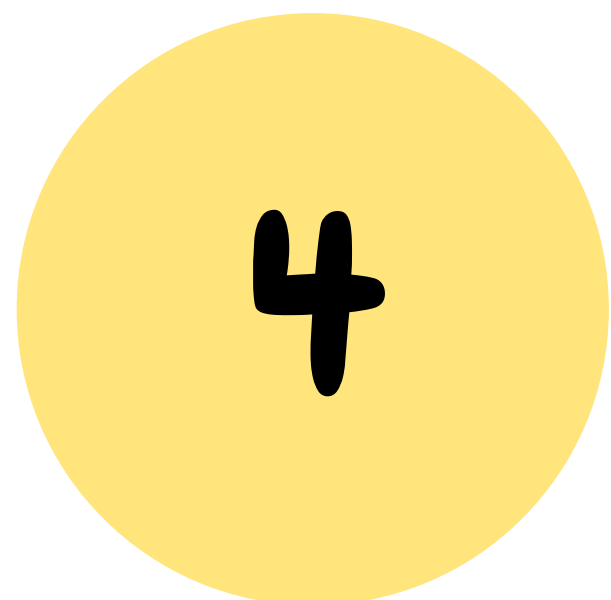
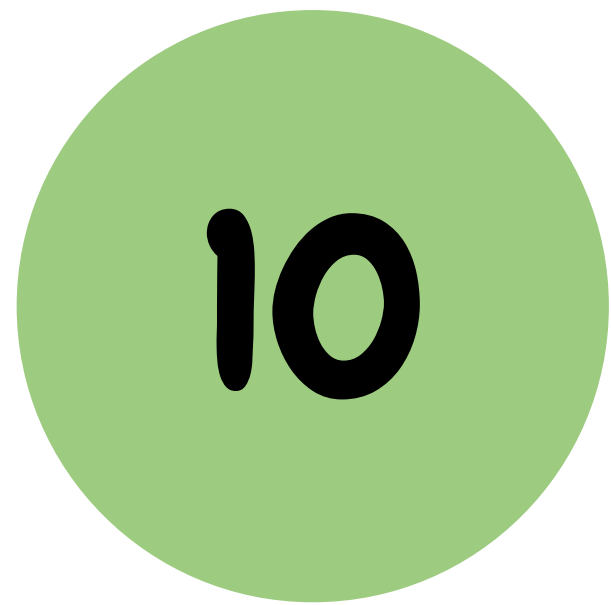


Mindful Dots Breathing



- Place your finger on number 10, take a deep breath in, and slowly release your breath.
- Move your finger to the next number, take a deep breath in, and slowly release your breath. Repeat until you get to number 1.

Remember to take slow deep breath in and out with each dot.