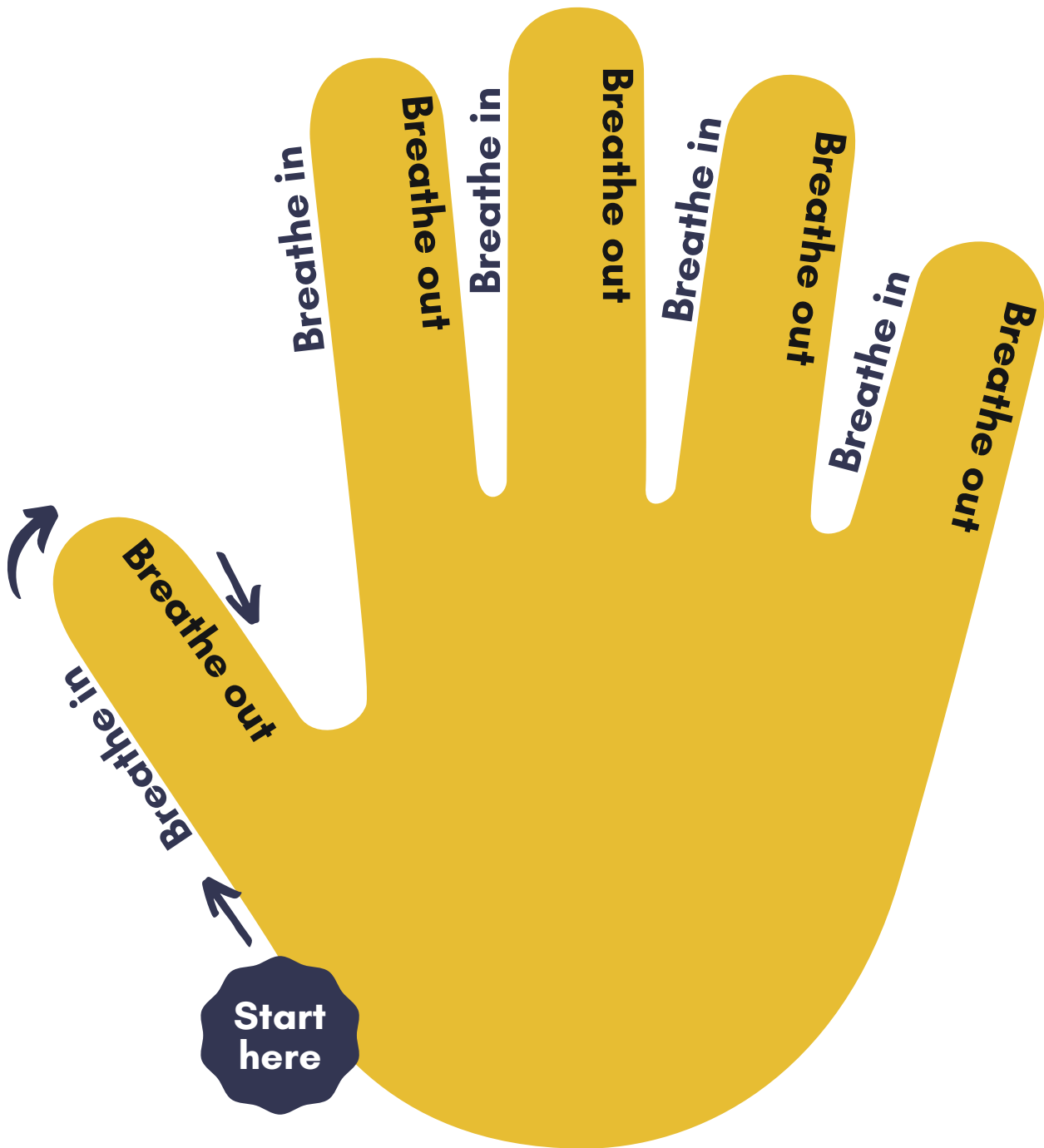


connection counselling

CALM YOURSELF WITH 5 FINGER BREATHING



Using your index finger, slowly trace the outside of your hand, breathing in when you trace up a finger and breathing out when you trace down.