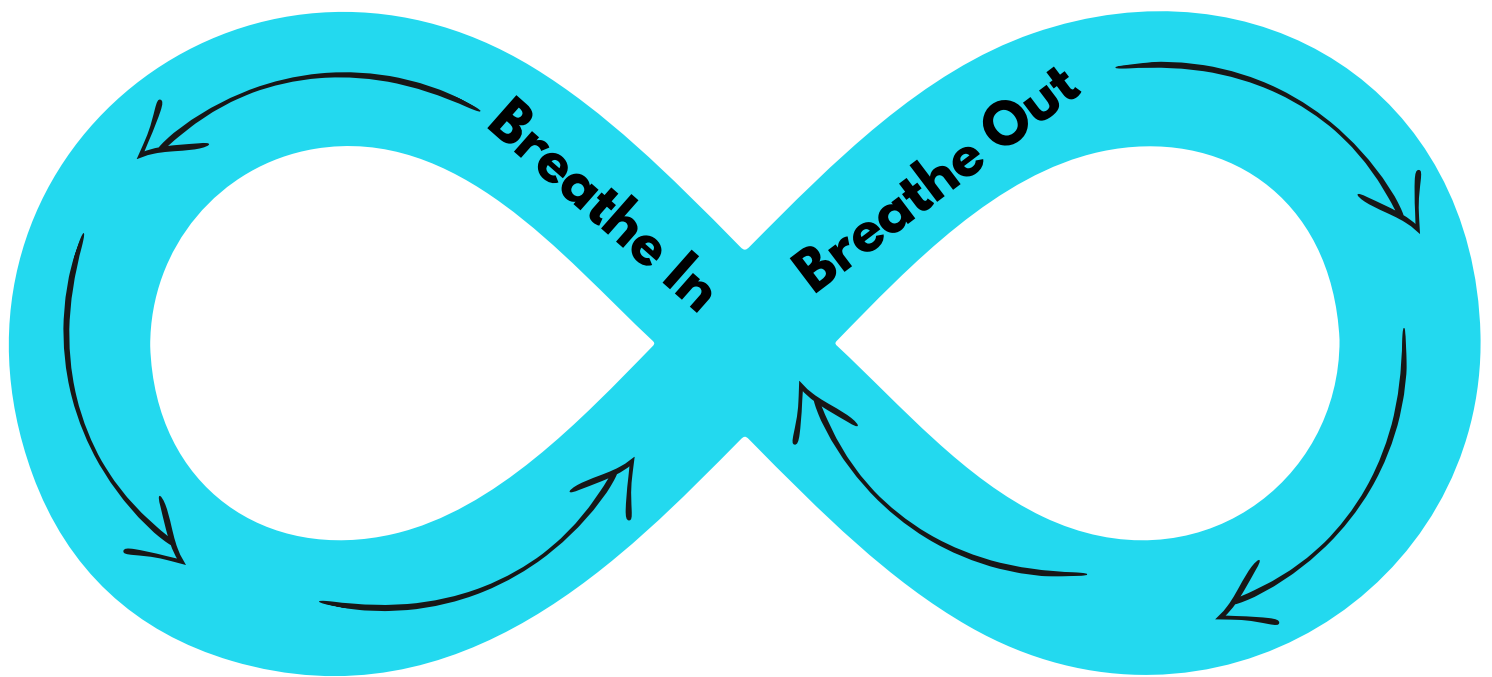


Lazy 8 Breathing Technique



1. Use your finger to trace the shape of the figure 8.
2. Take a deep breath in while you trace one side of the figure.
3. Slowly exhale as you work your way around the other side of the figure.
4. Repeat as many times as needed until your body feels calm and relaxed.

