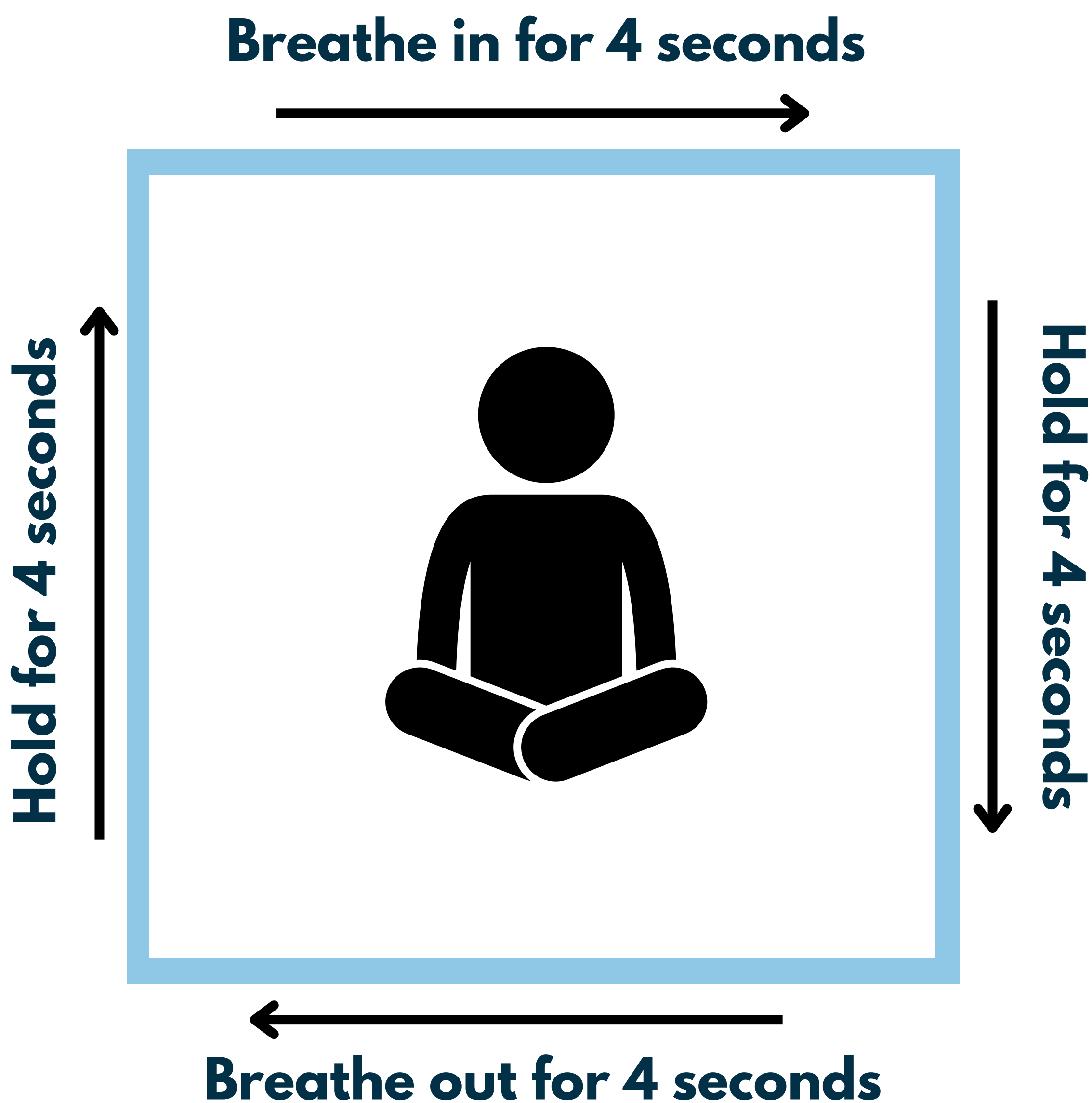


An easy exercise:

Box Breathing



Breathe this way for 2 minutes or longer.
Afterward, notice how you feel.

