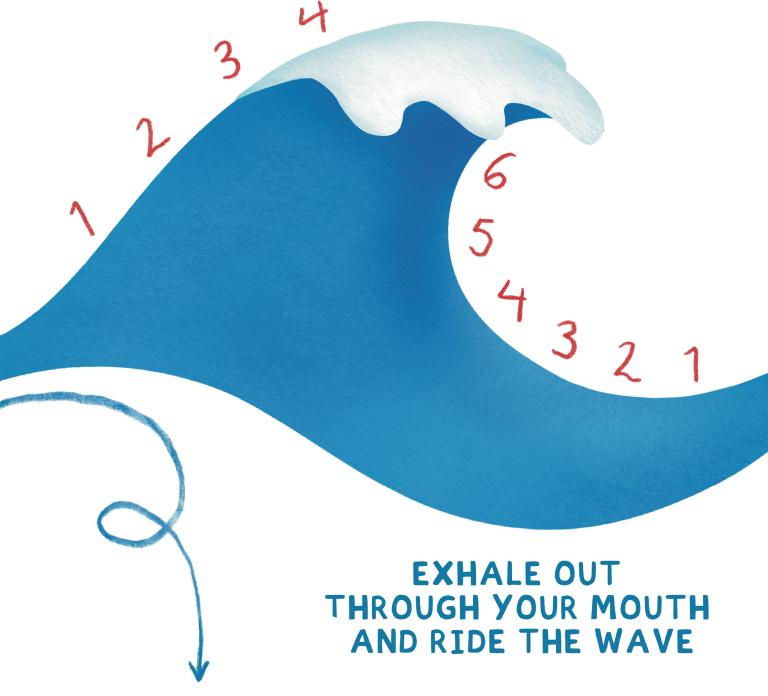
DEEP INHALE THROUGH YOUR NOSE



* Remember that each wave is different. Some may take a few wave breaths, and some may take more. Focusing on counting your wave breaths can help your body and mind stay calm and in control as you surf each wave of emotion.