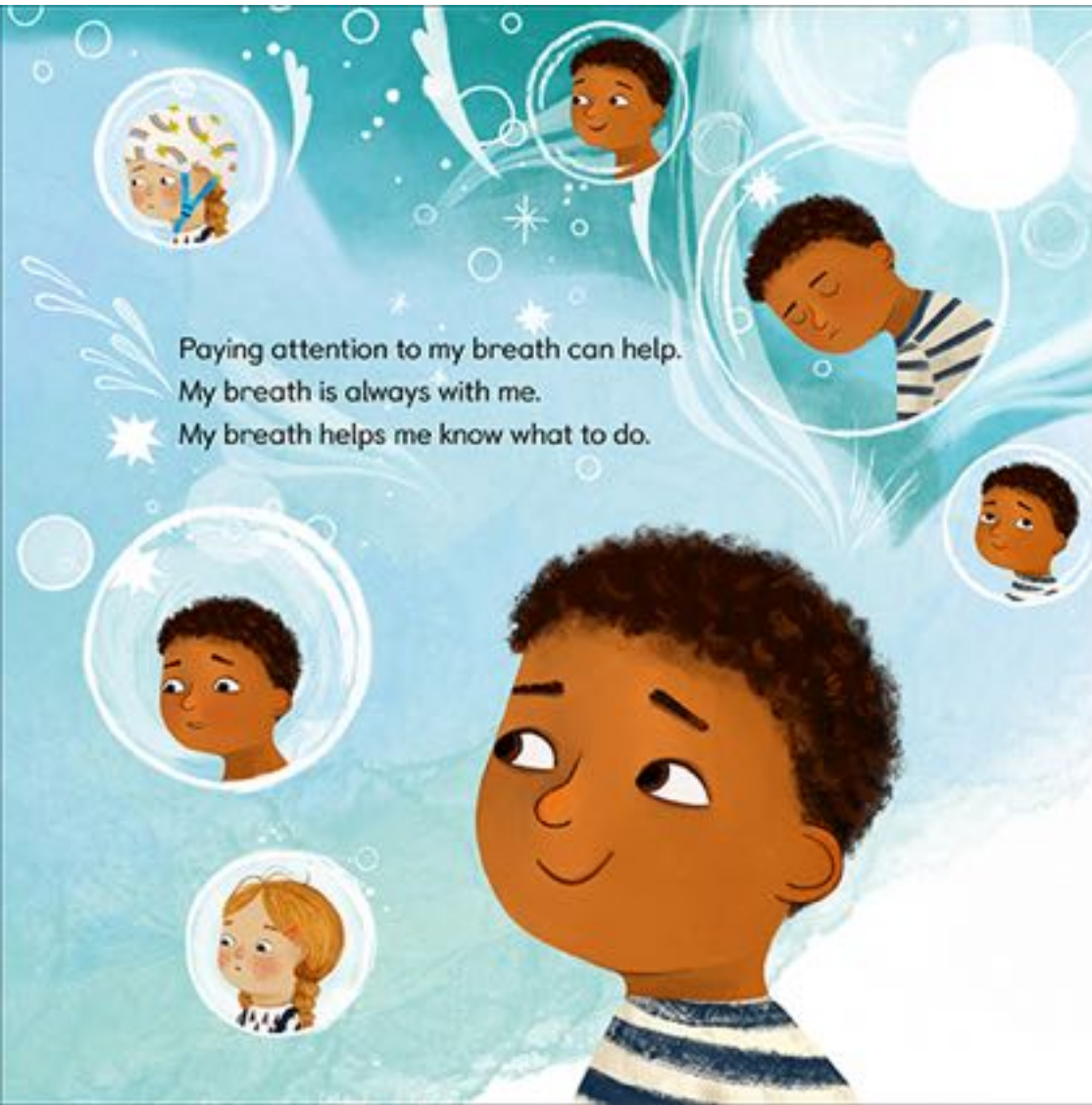


I have so many feelings.
Sometimes it's hard to know
what to do with them.



Paying attention to my breath can help.
My breath is always with me.
My breath helps me know what to do.