

Butterfly Walk



Meditation



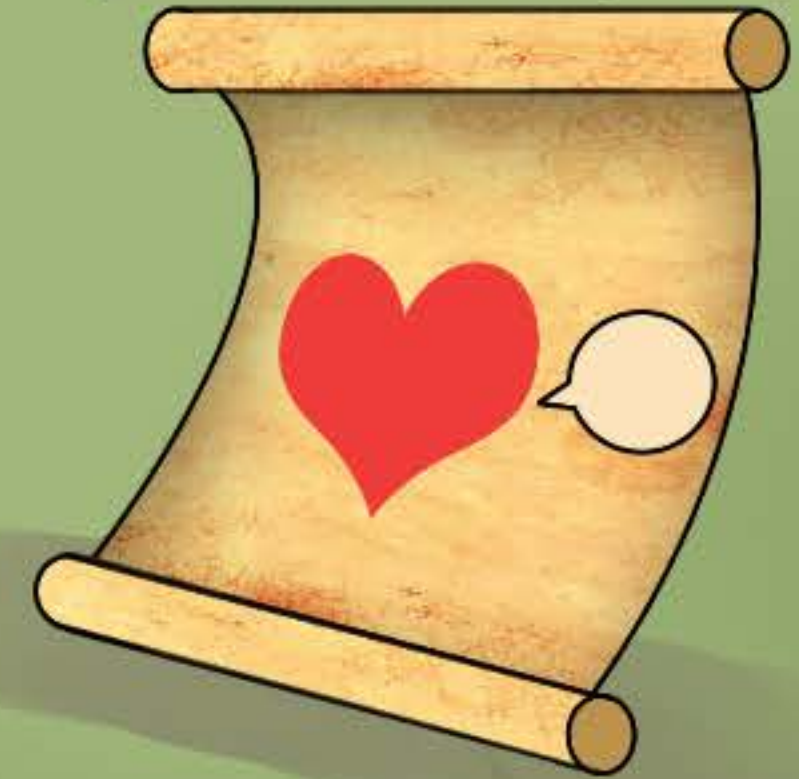
Shrine



Journal



Gratitude



Oracle



Take several nice,
deep breaths
along with Socks.

Breathe in
through your
nose and out
through your
mouth.



Socks has placed your worry in the box.

Visualize it floating away.

