Sometimes people just need to breathe Y'know? Because sometimes all you need is a deep, DEEP breath. In and out, and in again. Keep repeating in a calm a manner to optimize stress relief and increase focus. Just breathe and breathe and breathe because sometimes when there's nothing you can do, breathing is all you can do. If you feel you've lost control, then focus on your breaths and voluntarily push air through and out your lungs. Hold your breath, release it after a few seconds, inhale and exhale. Close your eyes as you do this, or focus at a fixed point. Stress sucks and so does life, but get over it loser and just breath. Because people just need to breathe Y'know?