Main components:

* BreathingActivity
* ReflectingActivity
* ListingActivity

Working:

* Show time to hold in
* Show option time left
* Tell when to let out the breath

Display messages:

* Breathe in
* Breathe out
* Hold your breathe!

In this code breathingActivity will show the options for length of activity you need to do. Then it will show a timer for breathing in and out.