

- 1 Make a horizontal fold approximately:
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 Fold towards the bottom of the sheet.
- 2 Flip paper over. Make a second fold approximately one inch
 from the first fold in the same direction.
- 3 Flip paper over.
- 4 Repeat steps one through three, continuing to space folds
 until you reach the end of this sheet.
- 5 Gather the folds accordion style on the long edge of the
 paper. Use your thumb and ring finger, with whichever hand
 is dominant.
- 6 With a back and forth motion use to fan away the toxic fumes
 of anxiety and despair that surround you.