

- 1 Make a horizontal fold approximately one inch from
the top of this sheet, folding towards you.
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- 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 around you.