

Chapter 1: The Alpha King's Huntress: Hunt The Red Lycan

CHAPTER 36 Welcome to The Pack

Ethan sighed quietly, his breath stirring the strands of her hair, as he watched Kasia's sleeping form. Her dark hair fanned out over the pillow. Her eyelids fluttered with dreams. Ethan studied her face, the delicate curve of her cheekbones, and the sharp cut of her jaw. She was beautiful, fierce, and, against all odds, lying next to him.

Due to his response to her heat, he had dominated her in every way for hours. He had made sure she was utterly satisfied before allowing himself to come down from the high. But now, as she lay exhausted beside him, he knew they needed to have a real conversation about what would come next for her.

Easing his body away from Kasia, Ethan sat up against the headboard and focused his thoughts on Janet, opening a mind link. "Janet," he said in his mind, "have you made contact?"

"Indeed," Janet replied through the link. "They will be here within the hour." She paused before asking, "Have you spoken to Kasia about her marking you and what it truly means?"

Ethan hesitated. "No, not exactly."

Silence filled the mental connection between them, but Ethan didn't need words to feel her disapproval.

"Listen," Janet said after a moment. "You need to make a declaration soon, and you should go to your office to get an update from your warriors on the situation with the rogues. I'll come to get Kasia in a few hours."

"Fine," Ethan agreed. "She'll be here in my room."

With that, Janet severed the mind link. Ethan slid out of bed, careful not to disturb Kasia, and padded toward the bathroom. As the hot water cascaded over him in the shower, he couldn't help but think about the impending conversation with Kasia. He knew there would be no easy way to explain the consequences of her marking him, the challenges she would soon face, or the responsibilities that now weighed heavily on his shoulders as Alpha King.

When he returned to the bedroom, wrapped in a towel, he found Kasia sitting up in bed, her hazel eyes blinking at the sunlight streaming in. Her gaze turned to him, and a mixture of emotions flashed across her face: happiness, embarrassment, and a flicker of something else he couldn't quite identify.

"Good morning, well, afternoon since it is well past 12 now," he said, trying to gauge her reaction.

"Afternoon," Kasia replied, her voice slightly hoarse from screaming. She cleared her throat and continued, "How are you feeling?"

"Better," Ethan admitted, sitting on the edge of the bed. "But there's something important we need to discuss." He studied her face, searching for any signs of resistance.

Kasia sighed, nodding in understanding. "I figured as much."

Ethan took a deep breath before diving into the difficult conversation. "I won't mark you back until you're ready," he began, his eyes locked on hers. "However, by marking me, you've set certain events in motion."

Her hazel eyes flashed with curiosity and concern. "What things?" she asked hesitantly.

"Because of your mark, I have to notify every pack that I'm open to finding a mate," Ethan explained, his tone heavy with the weight of their situation. "Every eligible high-ranking female will be competing against you. On top of that, you'll need to undergo Luna training."

Kasia's eyes widened as the gravity of her actions sank in. She had never imagined that one impulsive act would lead to such consequences. As her heart raced, she tried to process everything Ethan was telling her. It seemed as though her life was about to change drastically, and she couldn't help but feel overwhelmed.

"Is... is it possible to go back on this?" Kasia asked Deva.

"No, there is no undoing this unless Ethan rejects you, and he is not going to do that," Deva replied.

"I am your fated mate, right? So, why do the packs need to know?" Kasia asked.

"Because I have never looked for a mate nor accepted a claim from a she wolf before," Ethan explained.

"Then why can't you just tell everyone I am your mate? Wouldn't that solve everything?" Kasia asked, her voice tinged with desperation.

"You're not ready to be mated to me," Ethan said firmly, his piercing blue eyes holding hers. "I won't have you resenting me for forcing this upon you. And it could be dangerous for you."

Kasia furrowed her brow, concern etching across her face. "What do you mean?"

Ethan sighed, running a hand through his jet-black hair. "I have someone coming to explain everything to you. But what I need from you right now is to pledge your allegiance to the pack."

"What does that mean?" Kasia asked, her heart pounding in her chest as she tried to comprehend the implications of Ethan's request.

"It will provide you with some protection," Ethan explained. "There is no formal ceremony. You just have to do it."

"This has to be done, Kasia. We smell like rogues, and a rogue trying to claim the Alpha King as her mate is a great offense. Trust Ethan. He has yet to harm or lie to us," Deva urged Kasia.

Though apprehensive, Kasia knew that Deva was right. From the little education she had on Lycans and werewolves, she knew that being a rogue is not what you want to be as a wolf. Kasia needed the pack's protection, even if it was temporary.

"Fine, I'll do it," Kasia agreed.

Ethan extended his claw and made a small cut on his palm, then did the same to Kasia's. Their blood mingled as he clasped her hand tightly, their gazes locked.

"What do I say?" Kasia asked.

"What comes to your heart?" Ethan replied.

"I, Kasia Thorne, swear my loyalty to the Alpha King and to the pack," she declared.

As soon as the words left her lips, it felt as though the floodgates had opened. Kasia could hear all the voices from Ethan's pack welcoming her. Deva quickly put up mental barriers to prevent Kasia from becoming overwhelmed by the noise, despite the overwhelming, almost suffocating volume of voices.

"Welcome to the pack, Kasia," Ethan said, his hand still holding hers.

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Chapter 39: CHAPTER 37 Who Even Says I Want To Be A Luna?

CHAPTER 37 Who Even Says I Want To Be A Luna?

"No, no, it's too early for drinking for me. Maybe later," Janet insisted to her pack member as she left the impromptu celebratory gathering of a new pack member as well as a potential Luna for the pack.

With each step through the winding corridors towards Ethan's suite, Janet felt a heavy weight in her chest. The mingled scents of excitement and uncertainty only added to the tension in the air. On one hand, she should be ecstatic; part of her job was complete, and Ethan finally had a Luna to complete their pack, and a fated Luna at that. But on the other hand, Janet couldn't shake the feeling that everything was happening too fast.

Kasia being revealed as Ethan's mate coincided with the sudden appearance of rogue wolves breaching their defenses. It all seemed too convenient, too perfect. And now the once-human huntress who once threatened to destroy their kind is now a Lycan who is suddenly going to become their Luna. Janet had to admit that Kasia was more than capable of standing by Ethan's side, and she could admit that Kasia was a perfect match for Ethan, but something about the timing just didn't sit right with her.

As she neared Ethan's door, Janet paused and took a deep breath. She could sense Kasia's presence within, pacing anxiously. Clearly, Kasia didn't seem pleased with the situation either. This was a delicate situation, and she couldn't make any rash decisions.

Even though she hadn't shown any signs of betrayal yet, Janet couldn't help but wonder if Kasia was truly trustworthy or if this was all some elaborate scheme. "I need to trust my instincts. Kasia has been straight with us from the very beginning. I will keep treating her like I can trust her until I see otherwise," Janet mentally reassured herself before knocking on the door.

Janet knocked gently on the door, and it swung open. Gone were the button-down shirt and pants Kasia usually wore, replaced by a blue sundress that accentuated her curves and brought out the green in her hazel eyes. Janet couldn't help but raise an eyebrow in surprise.

"One of the omegas brought me clothes," Kasia explained, noticing Janet's shock. "I would have preferred pants."

"Ah, that's to be expected," Janet replied with a nod. "You'll need to start wearing more appropriate attire as well as getting more specialized attention in the future."

"Why?" Kasia asked, her brow furrowed in confusion.

"You are the Luna-to-be," Janet declared, bowing slightly before the young woman. Kasia flinched at the gesture.

"Don't do that," she said quickly, her cheeks flushed with embarrassment. But Janet simply shook her head.

"It is customary; now come with me," Janet explained.

As they exited the room and made their way through the packhouse, Kasia couldn't help but notice the whispers and stares that followed them. Some werewolves seemed pleased, offering genuine smiles, while others glared with barely concealed hostility. She wondered if this was how her life would be from now on, under constant scrutiny for daring to place a claim on Ethan.

"Get used to this," Janet advised quietly as they walked. "No other woman has been able to do what you have. Women will admire and envy you, and men will lust after you. You will need to be even more careful than before and keep your temper in check. A Luna is not quick to violence."

'Who even says I want to be a Luna?' Kasia thought.

Deva scoffed. 'You have the opportunity of a lifetime. Any she-wolf would kill to be in the position that you're in. You wished for family. You're not going to get any better than this. Don't spit in the face of the Moon Goddess' blessing.'

Janet led Kasia into the Alpha King's private garden, a sanctuary filled with lush greenery and vibrant flowers that seemed to glow under the sun. It was a stark contrast to the cold, harsh world outside the packhouse walls.

Upon entering the Alpha King's private garden, Kasia's eyes were immediately drawn to a redhead woman with striking green eyes who stood up from her seat on a stone bench. As she approached them, Kasia couldn't help but feel intimidated by the woman's confident demeanor and elegant beauty.

"Welcome, Kasia," the woman greeted warmly, extending a perfectly manicured hand to her. Kasia hesitated for a moment before taking it.

"Thank you," Kasia murmured, feeling awkward and out of place in such a serene setting.

"Kasia, I must leave you now. I have an important meeting to attend. If you need me, mind link. Your wolf will know how," Janet announced, nodding respectfully to the woman before turning to Kasia. "I'll see you later."

"Alright," Kasia replied, watching as Janet disappeared back into the packhouse. She turned her attention back to the mysterious woman, who seemed to radiate authority but a calming aura as well.

"Uh, hello, I am not sure what all this is about, but my name is Kasia. I came to the pack not too long ago due to my pack getting overrun by rogues," she introduced herself hesitantly. "It is a pleasure to meet you." The woman waved a dismissive hand.

"There is no need to hide who you are with me, Kasia. Alpha Ethan and Janet have already informed me of your true identity," the woman said gently.

"Wh-what do you mean?" Kasia stammered, taken aback by the knowledge this stranger held about her. The woman just smiled enigmatically.

"You're the human huntress turned Lycan with red fur. Or are you someone else?" The woman answered.

Kasia blinked in surprise, taken aback by the woman's knowledge of her secrets. It left her feeling exposed and vulnerable- emotions she rarely experienced. "Who are you?" she asked cautiously.

"That was probably too forward. My apologies. It is hard to turn off the Luna vibe," the woman said with a warm smile. "I am Luna Lily, and I am here to help guide you through this new and challenging phase of your life."

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Chapter 40: CHAPTER 38 The Last One

CHAPTER 38 The Last One

"I am confused. Why would you want to help me?" Kasia demanded. "Why are you the one who has to be my advocate? Why not Janet?"

She glanced at the closed door behind her, remembering how just moments before, Janet had warned her that people would be watching her every move. Trust didn't come easily to Kasia, especially now when the stakes were higher than ever.

Lily's eyes softened, her gaze searching Kasia's face. "Janet is not a Luna. She wouldn't be able to relate to your unique situation the way I can."

"Unique situation?" Kasia echoed, her confusion only deepening. "Wait, were you human too?"

Lily laughed softly, shaking her head. "No, I've never been human. But as a red wolf myself, I understand how overwhelming this information can be."

Kasia's brow furrowed in confusion. She felt like she was missing a crucial piece of information. "Okay. I have no idea what you're talking about. What does being a red wolf have to do with anything? What even is that? Are you sure you are not confusing me with someone else?" Her frustration was evident in her tone.

Lily looked at her with surprise evident on her face. "Wait, did no one tell you?" she asked.

Tell me what? Kasia thought, her impatience growing by the second. She couldn't stand it, not knowing what everyone else seemed to be privy to. "Tell me what?" she demanded. "What are you talking about?"

"You're a red wolf," Lily said gently, as if revealing some long-held secret. "It means that the Moon Goddess has blessed you."

Kasia's eyes widened in shock and disbelief. Blessed by the Moon Goddess? It sounded like something out of a fairy tale. And why would she even do that? She used to be a Hunter. Why would the goddess of the very creatures she hunted bless her?

Kasia took a breath to calm her nerves before reaching out to Deva. 'Deva, do you know anything about this? Is she telling the truth?' she asked.

Deva remained silent for a moment before responding with an intrigued tone. 'I can't say whether she's lying or not, but red wolves- I never met any while I was alive. They had died out during the last war with the Hunters,' Deva explained.

"Are you sure? How do you even know?" Kasia asked Lily, studying her intently.

"I knew as soon as I saw you. Red wolves have an aura about them, and you have that aura," Lily replied with certainty. "You, Kasia Thorne, are a red wolf and part of a rare and powerful lineage."

Kasia felt a shiver run through her, unsure if she should be elated or terrified by this revelation. She needed to know more. "Tell me everything," she insisted as she sat down next to Lily.

Lily took a deep breath, relieved that Kasia wasn't resisting the truth, as Janet had wanted her to know ahead of time that Kasia could be stubborn. "There were three ancient bloodlines: one for Lycans, one for werewolves, and one for werefelines. What makes us special is that we are connected to the spirit realm and the Moon Goddess. We even sometimes have special abilities."

"Like what?" Kasia interrupted, her curiosity piqued.

"Every red wolf is different, but some can communicate with spirits, others possess enhanced strength or speed, and some even have the ability to control the elements," Lily explained. "But our gifts also made us targets. Hunters, with the help of vampires, tried to wipe us out during the last war, hoping to weaken our kind. Their plan ultimately failed, but the cost was devastating. Eventually, only one bloodline remained- my bloodline."

Kasia's mind reeled as she tried to process everything Lily had said. Her thoughts turned to Ethan, and she couldn't help but ask, "That doesn't explain why Ethan wants to keep me hidden."

"But it does," Lily insisted. "When it was revealed that I was a red wolf, the council immediately tried to marry me off to the strongest wolf, even going as far as removing my mate's mark from me. All of it was a ploy by a traitor working with the Hunters to get a hold of me. A lot of innocent people died that day." She looked at Kasia with a mix of sadness and determination in her eyes. "Because of this, Alpha King Ethan does not want

to reveal your true identity yet. It would put your life in danger, so please, you can't shift until everything is resolved."

'This is bullshit,' Deva growled.

'Do you want to risk it because I sure as hell don't want to?' Kasia responded.

Deva continued to growl within her; however,

Even though Deva was frustrated and angry, she understood why Lily had asked that of them. They were only lucky when they first transformed that Kasia ran away from the pack without revealing their identity. Deva knew they had no choice but to trust Ethan and Lily for now.

"We will need to work on your ability to talk to your wolf without it being too obvious," Lily added.

"Is it that obvious?" Kasia asked.

Lily nodded and said, "Try to think of it as just thinking. You don't need to say anything aloud."

Kasia nodded, and Deva spoke up again, 'Something is not adding up about this.'

'What do you mean?' Kasia asked.

'If she's the last one, how are we one?' Deva responded.

Kasia frowned and said, "Deva made a good point right now. If all the red wolves are dead except for you, how am I one?"

Lily shrugged, her own confusion evident. "I can't answer that for you. Just like we don't know exactly how you, as a human, became a Lycan? We may never really know, and I don't think it would be smart to solely focus on that right now. The Moon Goddess has her reasons, and perhaps the truth is not ready to be revealed just yet. What we need to focus on now is getting you through the Luna training."

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Chapter 41: CHAPTER 39 A Perfect Warrior

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Ethan's office door creaked open, the heavy wood announcing his arrival as he stepped into the dimly lit room. His eyes swept over the waiting faces of Deanna, his Delta's mate, Janet, and Garrett.

"Took you long enough," Garrett said with a smirk as he stood up. "Having too much fun?"

"That's none of your business," Ethan countered before pulling Ethan into a hug. "It's good to see you. Are you settling in alright?"

"Are we settling in alright?! We owe you our lives, Ethan. No other pack was willing to help us in fear of them being affected too," Garrett responded.

Ethan frowned slightly. He knew that Garrett's pack was suffering, but he didn't think it was that bad. The rogues were getting out of control, and he would eventually have to make a move to either recognize the rogue pack or get rid of them altogether.

"I understand," Ethan said softly. "But there's no reason to thank me; I'm simply doing what any Alpha would do in this situation. We'll figure everything out and get your pack back to their lands as soon as possible."

As Alpha King, it was his responsibility to ensure the safety and wellbeing of all werewolves under his domain, but as Garrett's best friend, he would have welcomed him to his home in a heartbeat regardless of his position. But there was something more- a nagging feeling at the back of his mind- that told him this situation was much bigger than it seemed.

"Thank you, Ethan," Garrett said, his voice filled with sincerity. "We appreciate everything you're doing for us."

"Is it true, Alpha? Were you marked? There have been rumors going around of a peculiar mate mark on your neck," Deanna interjected.

Ethan trusted Deanna, maybe even more than his own Delta. Out of his peripheral, he noticed Janet giving a slight nod, reinforcing his belief that Deanna could be trusted. Ethan pulled his collar down, revealing Kasia's mark, and Deanna's eyes widened, but she quickly composed herself.

"Damn. With that type of spunk, she would've been a perfect Warrior," Deanna pouted.

With a curt nod, Ethan dismissed any further pleasantries. It was time to get to work.

"Alright," Ethan said, his tone shifting to a more serious one. "What's the update?"

Deanna cleared her throat and began to explain. "We've been looking into the omega who gave Kasia the spiked water. Unfortunately, we found her body in a dumpster. There were bruises around her neck; it was clearly homicide."

Ethan's jaw tightened at the news, anger simmering beneath his calm exterior. He knew that Kasia was a target because of her association with him, but he hadn't expected things to escalate so quickly.

"Have you interrogated Aimee yet?" Ethan asked Deanna, his voice firm and commanding.

Deanna hesitated for a moment before answering. "No, I wanted your approval first, considering your previous relationship with her and Aimee's origins."

His history with Aimee was nothing more than a misguided fling. He should've listened to Janet when she told him not to get involved with her. The fact that his own warrior assumed he would be upset about interrogating her meant that Ethan needed to make it very clear that there was nothing going on between them.

"My relationship with her in the past is irrelevant. She is not my Luna, nor is she a Luna-in-training," Ethan declared. "Interrogate Aimee by any means necessary. We need to find out if she knows anything about this."

"Understood," Deanna said, nodding her head in agreement. Her eyes changed color as she began communicating with her fellow warriors to detain Aimee.

As they continued to discuss the situation, Janet chimed in. "I did some digging of my own on the omega's activities and connections."

Deanna couldn't help but smile, shaking her head in disbelief at Janet's skills. "When are you going to reconsider my offer to join the Warriors, Janet? You'd be an incredible asset."

Janet smirked. "I'll reconsider when I fulfill my promise."

Ethan, growing impatient, interrupted their banter. "Focus, please. Janet, what did you find out?"

"According to my sources," Janet began, her voice steady and confident, "the omega had ties to one of the rogues who attempted to assault Kasia."

This revelation sent a chill down Deanna's spine, and she looked at Ethan with alarm. "What rogues?" she demanded, her eyes narrowing. "Why was I not informed about the rogues?"

"Because our Alpha King was preoccupied," Janet explained.

"Regardless, the security of our pack is a priority. I should have been informed," Deanna countered.

Ethan sighed, his brow furrowing as he recalled the recent attack on Kasia. "There was nothing to report to you as I took care of the rogues. Kasia ended up stumbling across them, and due to her delicate condition at the time, she potentially could have lured them over with her scent. I took care of all of them."

"That does not mean they did not report back to someone," Deanna said.

Janet interjected, her expression serious. "One did get away."

The room fell silent as the weight of this information settled over them. Ethan's mind raced with questions and concerns, his protective instincts flaring up.

"Why didn't you say anything before?" Ethan demanded, trying to keep his temper under control as the situation was not entirely Janet's fault.

"I was unaware of this. My contact reached out after overhearing a rogue wolf talking about barely escaping the Alpha King while extremely drunk in the bar," Janet explained. "No one took him seriously, but it was enough cause for concern that this information was sent back to me."

This meant that someone was orchestrating these attacks. And as long as that person remained unidentified, no one close to him was safe and especially not Kasia because they knew Kasia was a red wolf.

"Find out who this rogue is and bring him to me. I want to know who had the balls to send him here," Ethan ordered, his voice low and dangerous.

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Chapter 42: CHAPTER 40 Can't You Be My Sponsor?

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"Alright," Lily said, pulling out her planner. "I went through an expedited course due to my own situation, but you have a little more time to prepare."

"Prepare? Time for what? What are you talking about?" Kasia asked.

Lily looked up from her planner, meeting Kasia's gaze with a hint of sympathy in her eyes. "In order for the Council to test you..."

"Back up, back up, the Council? Like the Council, the werewolf council?" Kasia asked, interrupting her.

"Yes, who else? Why did you think you were going through Luna training? All Lunas that don't have a sponsor have to be tested," Lily explained.

Kasia's brow furrowed. "Can't you be my sponsor?"

"No. A pack has to sponsor a Luna-in-training," Lily answered.

The very idea of becoming a Luna was just unbelievable for her to wrap her mind around, yet there was something about the prospect that piqued her curiosity. It was like touching a hot stove; she knew it would burn her, but the temptation was too great.

"Normally, a Luna-in-Training would have her pack as her sponsor. The Council wouldn't test wolves that are descendants of Alphas," Lily admitted, pulling out a folded printout from her planner and scanning it. "But based on your secret identity, your entire pack was decimated. Even though Janet was able to forge a record for you, there is no documentation on your parents. So, you have to prove that you are qualified to be a Luna."

Lily frowned and said, "All of this seems complicated."

Her wolf, Deva, communicated with her in a soft mental whisper. 'We have these practices and traditions to ensure our people are taken care of and we live peacefully.' Lily nodded in agreement and turned back to Kasia.

"Look, I wasn't born when there weren't rules and traditions, but during that time, some werewolves and Lycans acted worse than rabid animals. They were reckless, wild, and uncontrollable. The Council was created to establish order," Lily explained, her voice solemn.

Kasia tried to maintain her composure because what Lily said brought up memories of finding her dead parents. Images of their lifeless bodies, torn apart, flashed through her mind. She swallowed hard as she tried to block out the memories.

'Breathe Kasia. You need to breathe. You're hyperventilating,' Deva told her.

"Did I say something wrong?" Lily asked.

"No. No, I'm fine," Kasia replied, rubbing her temples. "I'll do whatever it takes to prove myself. It doesn't seem like I have a choice."

"Well, unless you want someone else to be Alpha Ethan's mate," Lily added, and Kasia couldn't help but snarl at Lily. Lily raised her hands defensively. "Woah, calm down. I am just stating a fact."

Kasia caught herself. She didn't understand that immediate response to the very thought of another woman touching Ethan. "Sorry...I..."

"It's fine," Lily said with a smile. "Trust me, I get it. You should've seen me when my mate's ex came back into the picture."

Kasia cleared her throat and asked, "What will I be trained on?"

"Etiquette, strategy, combat, conflict management, event planning, and people management," Lily listed off.

"The position seems like that of an HR professional," Kasia said. "And I don't need to learn how to fight. I've gone through extensive training."

"I can see how you would think that," Lily agreed. "You have to advise your Alpha, and being a Luna comes with more responsibility than you think." She leaned in closer, her eyes serious. "You may know how to fight like a human, but you don't know how to fight like a Lycan. Your little spat with Aimee is nothing compared to a Lycan or even a werewolf properly trained."

Kasia's eyes narrowed, her pride stinging from Lily's remark. She knew that her abilities were strong, but she also recognized that she had much to learn about Lycan and werewolf culture. Swallowing her pride, Kasia asked, "What are we going to start on first?"

"Handling pressure," Lily replied, her eyes twinkling with amusement as she observed Kasia's sour expression. "You're a bit of a hot head, and a Luna must be calm under pressure."

"Don't look like that," she added, laughing lightly.

"I'm not a hot head. I'm allergic to BS," Kasia argued.

"Well, you need to get better at dealing with it, and we're going to start there starting on Monday," Lily continued.

"That's only three days away," Kasia said.

"And? Do you have something else to do?" Lily asked, and Kasia said nothing. "Exactly. Then, we will spend these three days getting everything you need in preparation. I'm sure Alpha Ethan gave you an expense account."

"He didn't get around to that. Our relationship...is complicated," Kasia replied.

"I'll speak with Janet. She can get you one," Lily said. "Now, let's plan out your schedule."

Lily seemed to sense her inner turmoil and reached out to place a comforting hand on Kasia's shoulder. "I know you can do this," she said softly. "You wouldn't have been chosen if you weren't capable."

Kasia took a deep breath, allowing Lily's words to sink in as Lily continued talking through the schedule planning. She couldn't help but feel lost as her life was completely turned upside down only because she wanted to find her sister.

Lily grabbed Kasia's hand, bringing Kasia out of her thoughts. "I hope you will learn to trust me. I will get you through this. I promise."

Kasia searched her eyes for lies and found none. Something about Lily reminded her of her mother and brought out a longing for nurturing that she didn't realize she was in need of. Kasia gave Lily a genuine smile and said, "Okay. I believe you."

Lily squeezed her hand and said, "Now, let's start on something. We're going to work on your breathing. This is going to help when you feel overwhelmed. When you're under pressure, your body needs oxygen to make clear decisions. So, let's practice some deep breathing exercises..."
