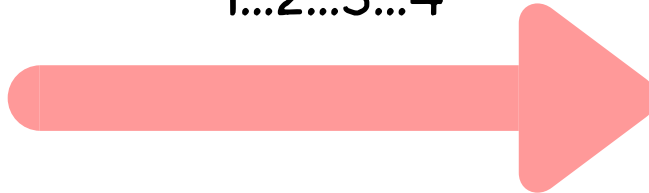


Box Breathing

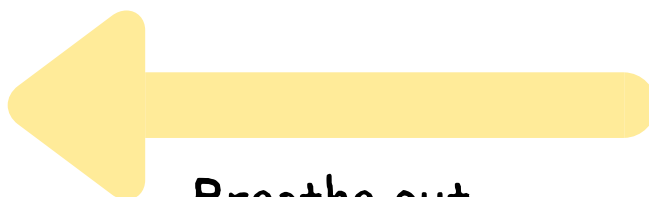
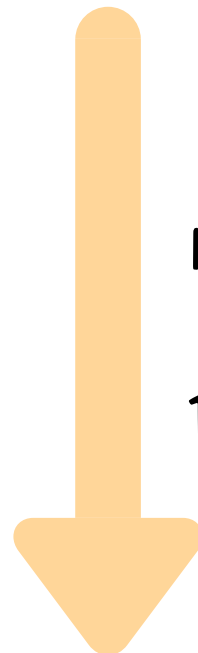
Box breathing is a coping skill that calms your mind and body when you are stressed. This can be helpful for when you feel anxious, scared, angry, sad, worried, over excited, or overwhelmed.

To practice start at the Breathe in step and follow the arrows below

Breathe in
1...2...3...4



Hold Your
Breath
1...2...3...4



Breathe out
1...2...3...4

Wait to
Breathe in
1...2...3...4

