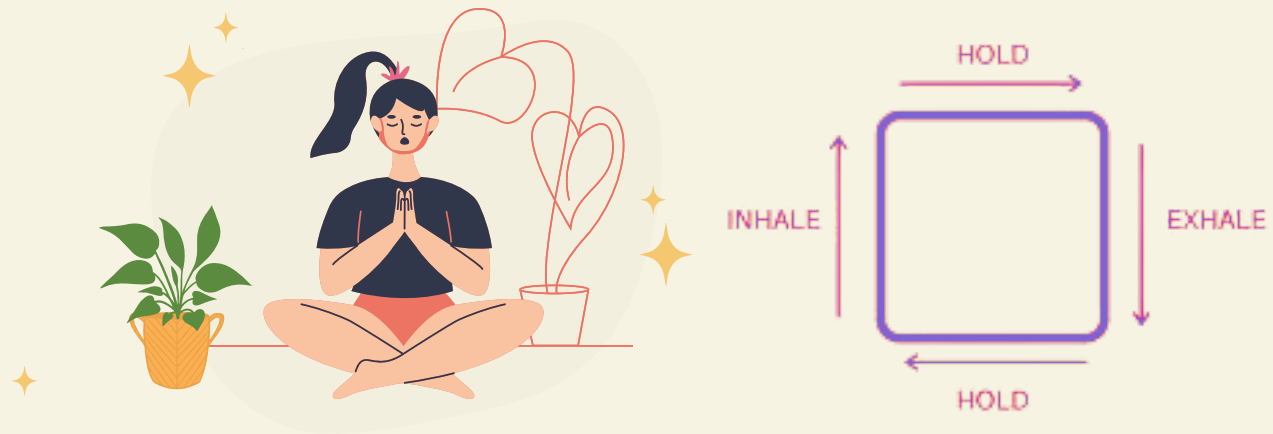


BOX BREATHING

Get Comfortable—Sit or stand in a comfortable place where you won't be disturbed. Letting Go: Take a moment to soften your shoulders and close your eyes if you'd like.



1

Inhale—Breathe in slowly through your nose for 4 seconds. Imagine filling your lungs completely.

2

Hold—Hold your breath for another 4 seconds. Keep your body relaxed during this time.

3

Exhale—Slowly breathe out through your mouth for 4 seconds. Let all the air out completely.

4

Hold Again—Pause and hold your breath for 4 seconds before inhaling again.

5

Repeat—Continue this pattern (inhale, hold, exhale, hold) for 3 cycles. You can keep counting in your head if that helps.



Finish: After completing 3 cycles, take a moment to breathe normally and notice how you feel in your body. You might describe your feelings with words like calm, nervous, still, normal, or restless.