

During tense moments, stress or anxiety

TRY BOX BREATHING:

Box breathing is a simple breathing technique that can be done anywhere.
It works to help "reset" your breathing when feeling stressed.

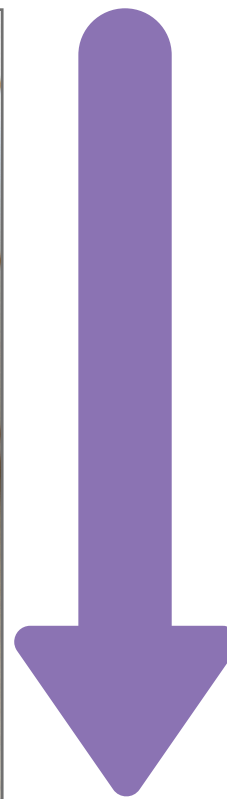
INHALE

Inhale through nose for 4 seconds.
Feel the air enter your lungs.



HOLD

Hold breath for 4 seconds.
Relax as you hold.



EXHALE

Exhale slowly for 4 seconds.



REPEAT

Repeat until
calm returns.

