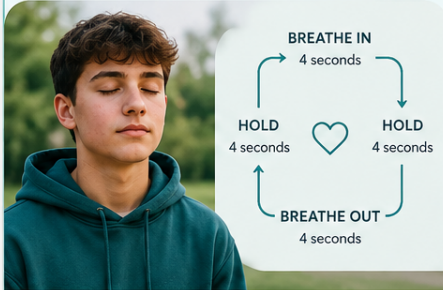


BOX BREATHING

4-4-4-4

Breathe in. Hold. Breathe out. Hold.



HOW TO DO IT:

- 1 Breathe in through your nose for 4 seconds.
- 2 Hold your breath for 4 seconds.
- 3 Breathe out slowly through your mouth for 4 seconds.
- 4 Hold for 4 seconds.



Repeat 4–6 times or until you feel calmer.



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4-6 RELAXING BREATH

4 in, 6 out

Slow breaths. More calm.



WHY IT HELPS

Longer exhales activate your body's relaxation response and help reduce stress and worry.



Try it for 1–2 minutes.
You've got this.



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5-FINGER BREATHING

Trace. Breathe. Relax.

Use your hand to slow down.



- 1 Hold your hand out like a star.
- 2 Use your other index finger to trace up a finger.
- 3 Breathe in as you slide up.
- 4 Breathe out as you slide down.
- 5 Repeat for all 5 fingers.



This helps you slow down and brings your mind back to the present.



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