BOX BREATHING
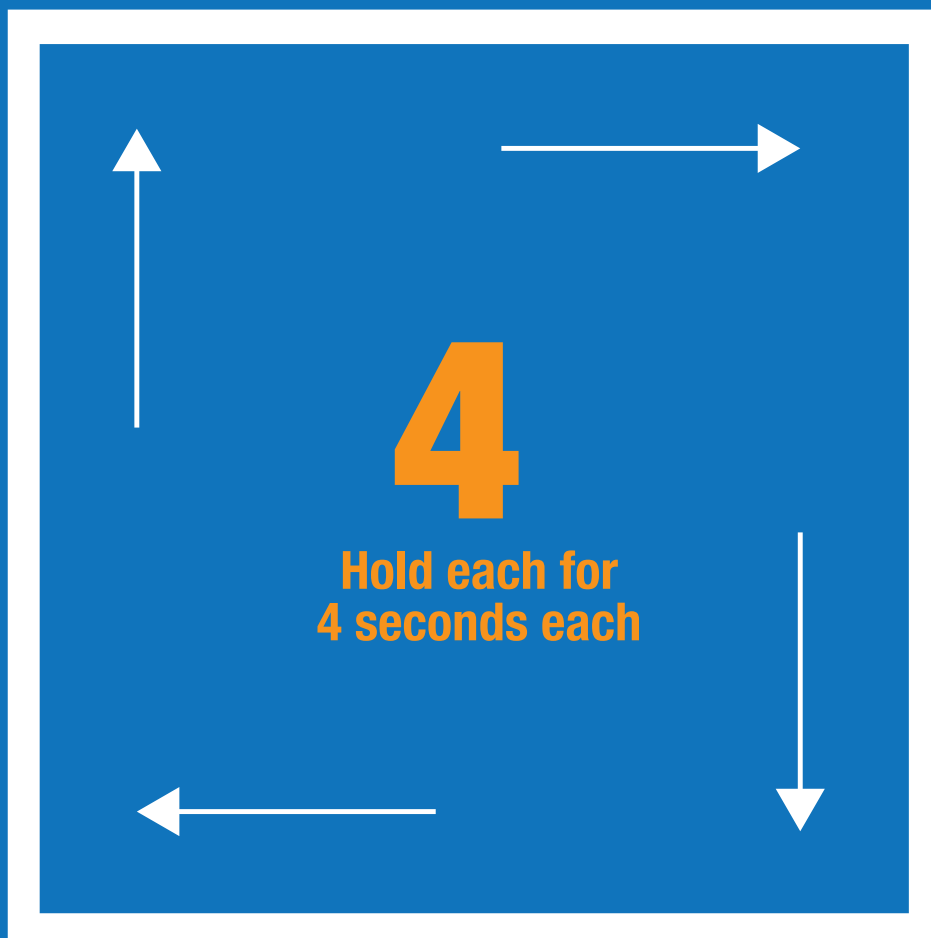
We all need to take a breath now and then. Follow the box to help you take some deep breaths.

Breathe In

Hold

4

**Hold each for
4 seconds each**

Hold

Breathe Out