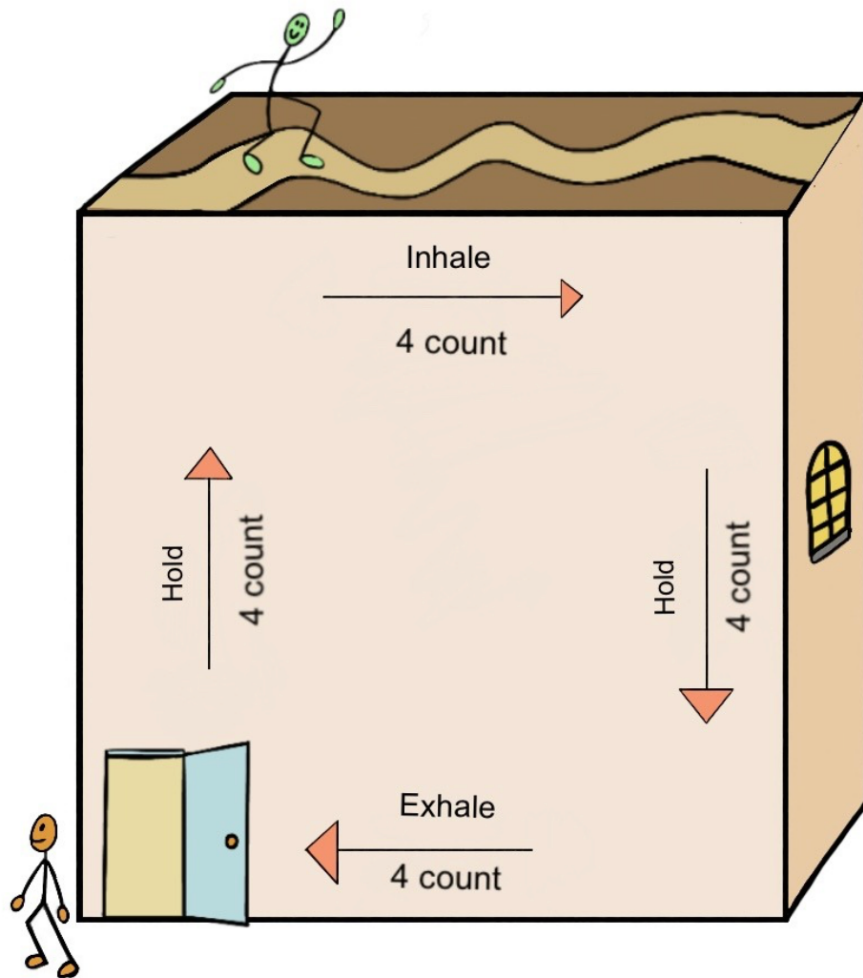




BOX BREATHING

Breathe in for a count of 4.

Hold for a count of 4.

Breathe out for a count of 4.

Hold for a count of 4.

Repeat until you feel calm and re-centred.

@GroundedInTherapy