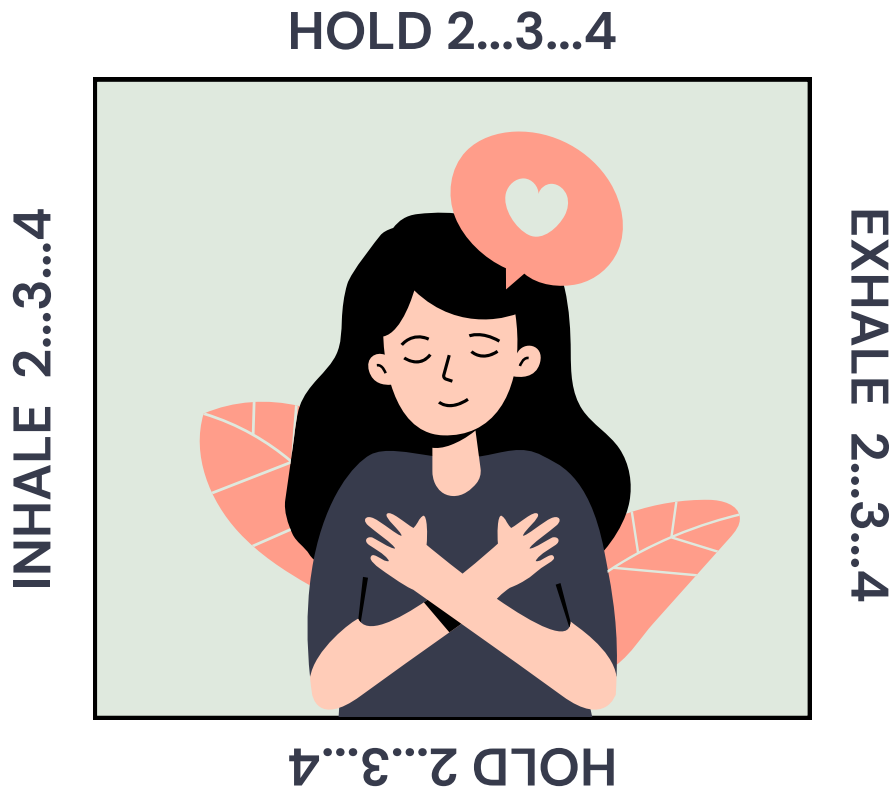


HOW TO USE BOX BREATHING



- 1 Breathe in through your nose while counting to 4.
- 2 Hold your breath and count to 4
- 3 Breathe out through your mouth while counting to 4
- 4 Hold your breath again for a count of 4



WHEN TO USE BOX BREATHING

- **During a panic attack:** Regain control and calm down.
- **Feeling overwhelmed:** Centre yourself and reduce stress.
- **Before sleep:** Relax your mind and body.
- **Clearing your head:** Focus and clear distractions.
- **Making big decisions:** Approach calmly and clearly.

