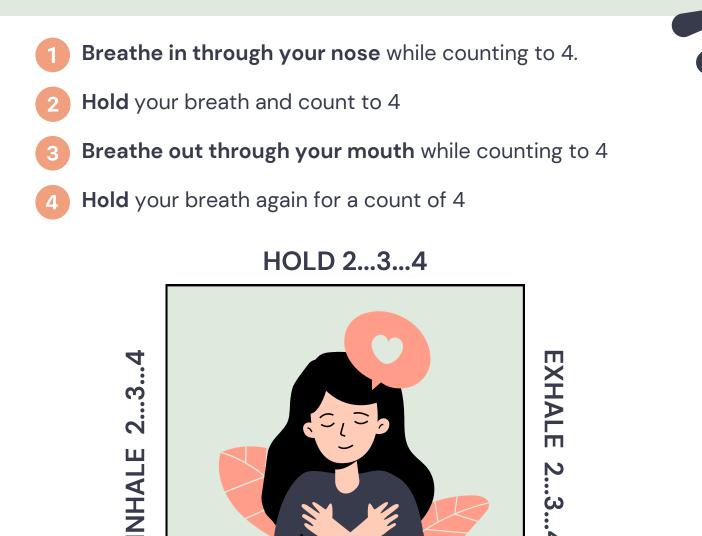
HOW TO USE BOX BREATHING



WELLBEING

MENTAL HEALTH TRAINING -

HOLD 2...3...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.

