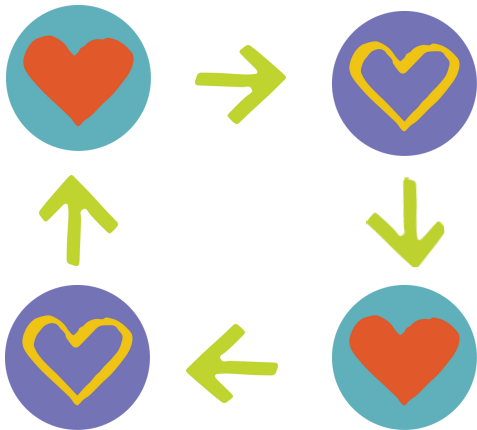


BOX BREATHING

MINDFULNESS ACTIVITY



Step 1: Inhale through your nose
for 4 seconds.

Step 2: Hold for 4 seconds.

Step 3: Exhale through your mouth
for 4 seconds.

Step 4: Hold for 4 seconds.

You may like to start with
2-2-2-2 and build up to 4-4-4-4..