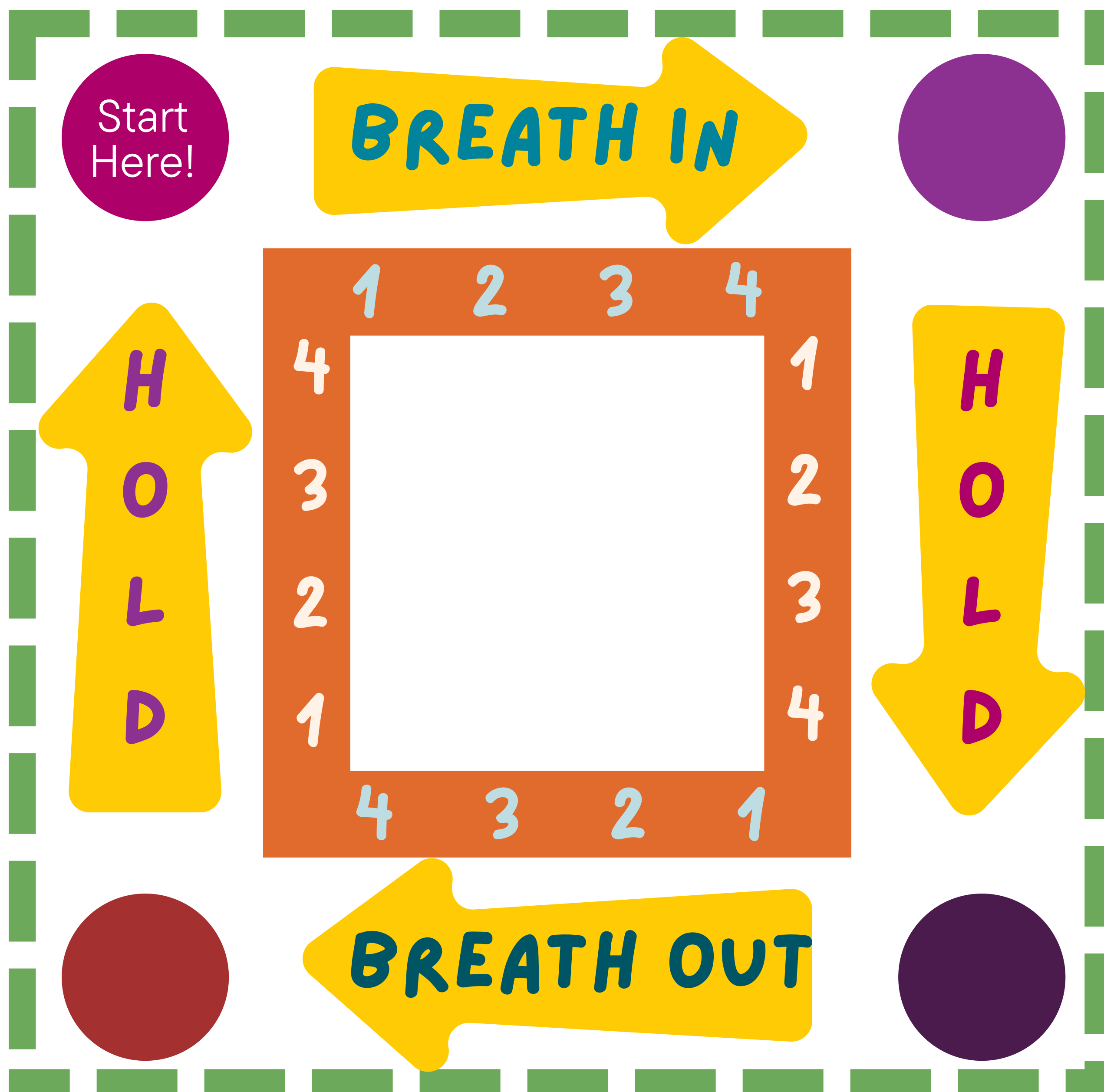


BOX BREATHING



Feeling angry or stressed?

Trace the square with your finger:

- breathe in for 4 counts,
- hold for 4 counts,
- breathe out for 4 counts, and
- hold for 4 counts again

Repeat 2 or 3 times to help you feel calm.