

BOX BREATHING

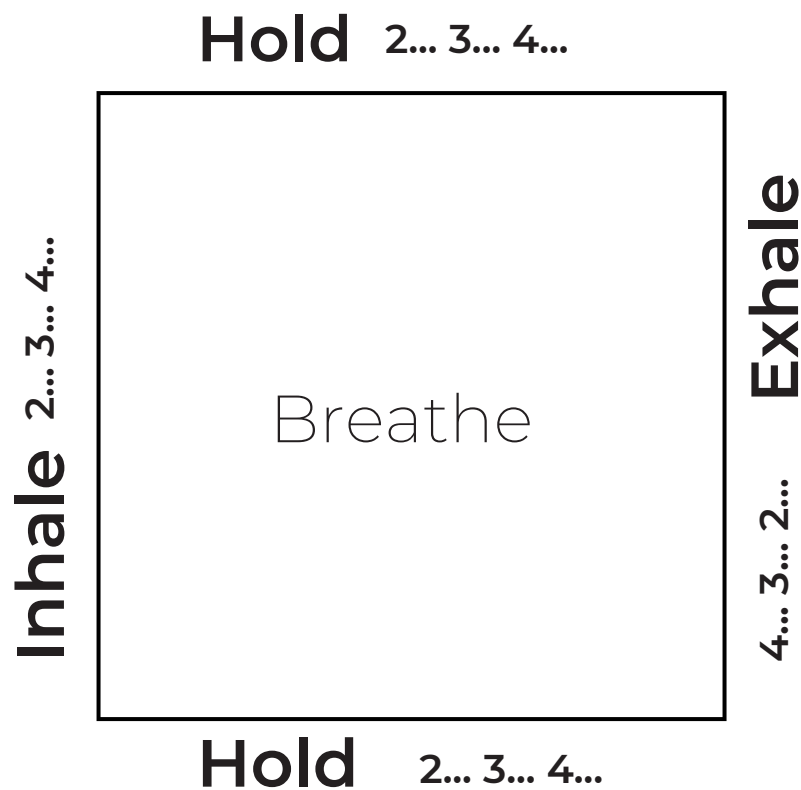
Instructions

Step 1. **Breathe In: through your nose** while counting to 4.

Step 2. **Hold**: your breath for a count of 4.

Step 3. **Breathe Out: through your mouth** while counting to 4.

Step 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.