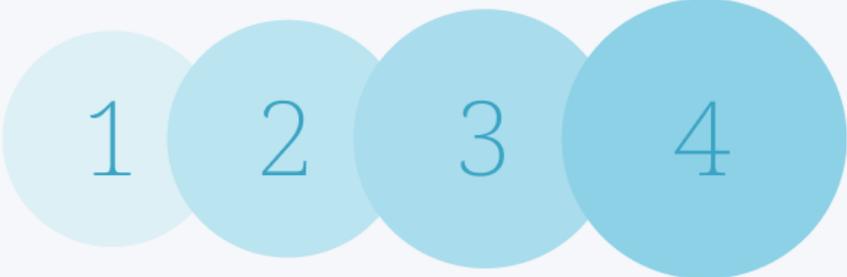


Square or box breathing is a simple tool we can all use to reset our focus, and give us time between action and reaction.



*Breathe in to a count of 4*



*Pause for a count of 4*



*Hold for a count of 4*

*Breathe out to a count of 4*

