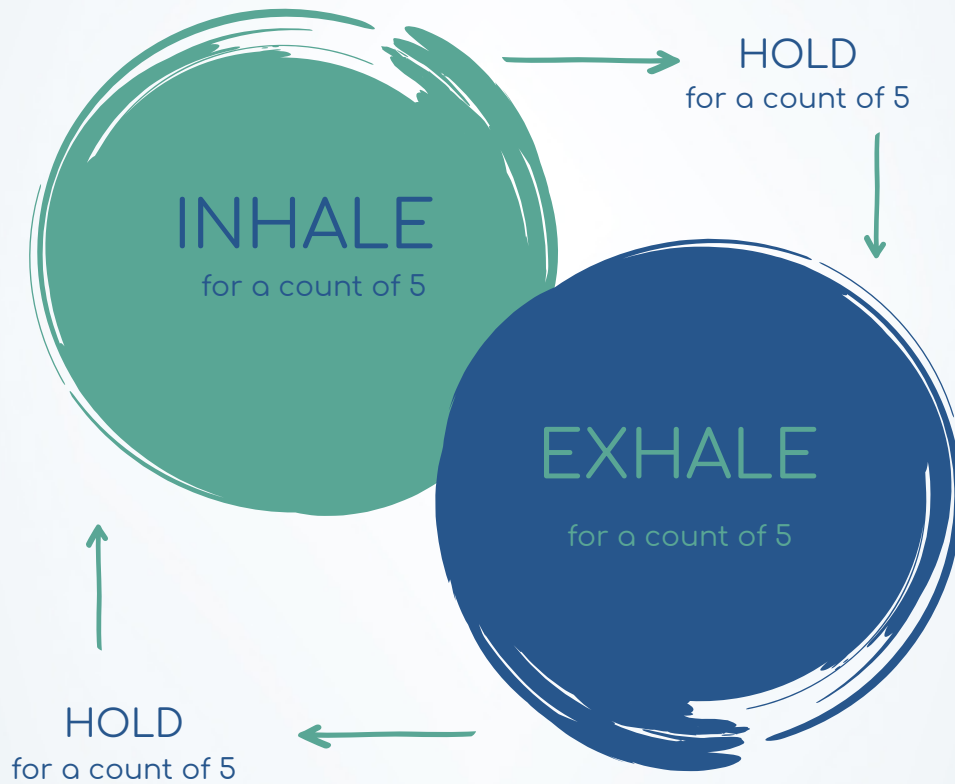


USING THE BREATH TO

CALM THE MIND



BOX BREATHING

- helps calm your thoughts
- slows your heart rate
- helps regulate stress response
- enhances your ability to focus