

Hold

4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds

4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds

BOX BREATHING

4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds

Breathe Out

4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds 4 seconds

Hold

Directions: Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, then pause for 4 seconds before beginning again.