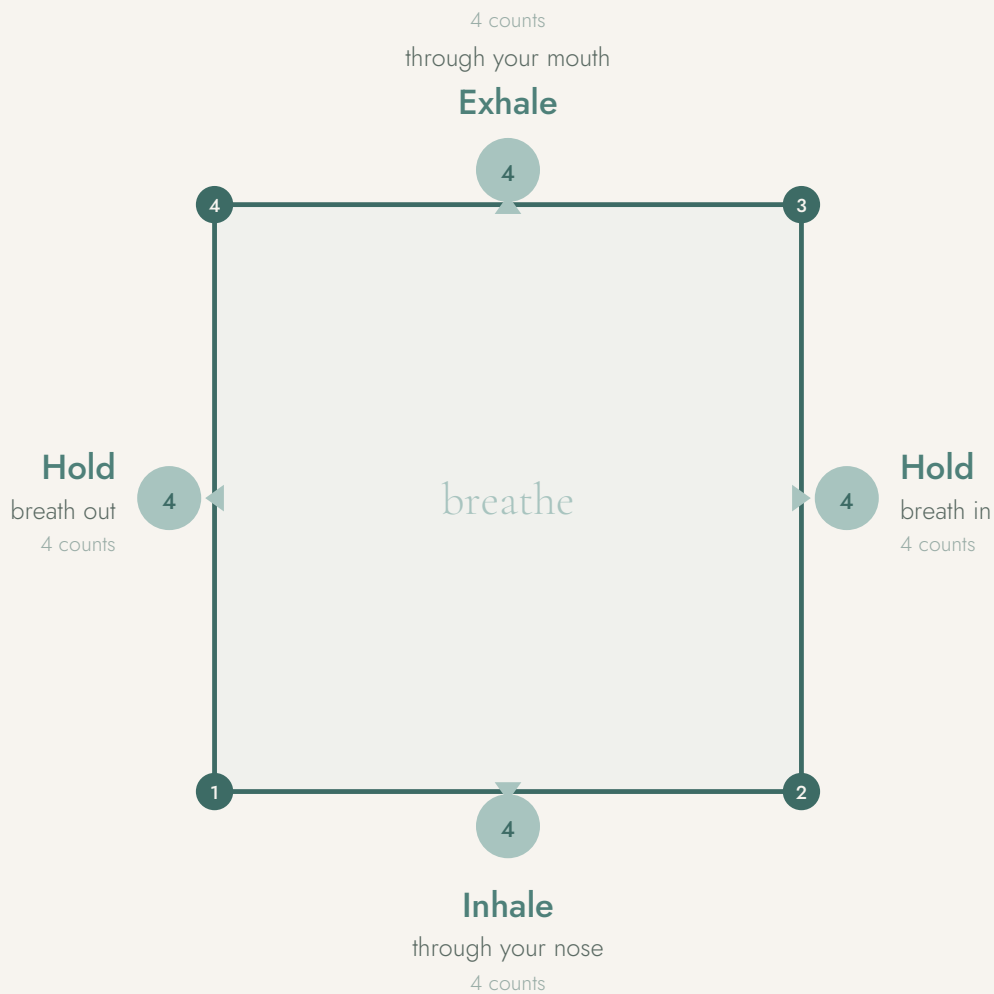


a breathing practice

Box Breathing

A simple 4-count breathing practice to calm your nervous system.



Practice 3–5 rounds. If 4 counts feels too long, start with 3.

Repeat until your breathing feels steady.

Works best sitting upright.
Trace a square with your finger if your mind wanders.