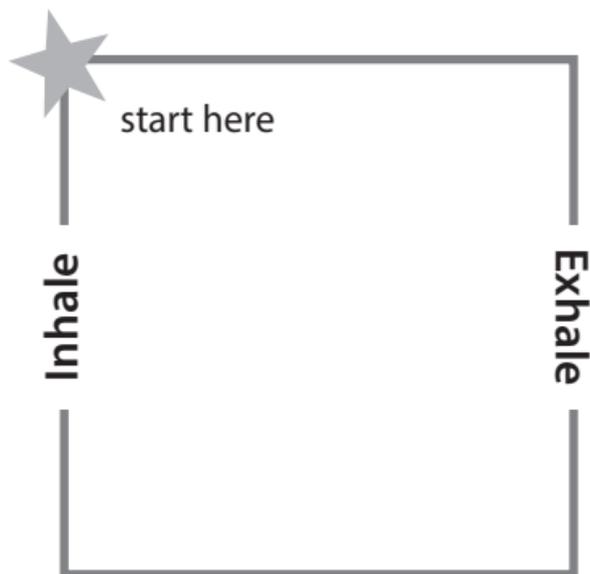


SQUARE BREATHING

Inhale for four seconds, hold for four seconds, exhale for four seconds, hold for four seconds.



Directions: Slowly trace your finger around the square. Begin inhaling until you reach the side labeled exhale. Repeat as many times as needed