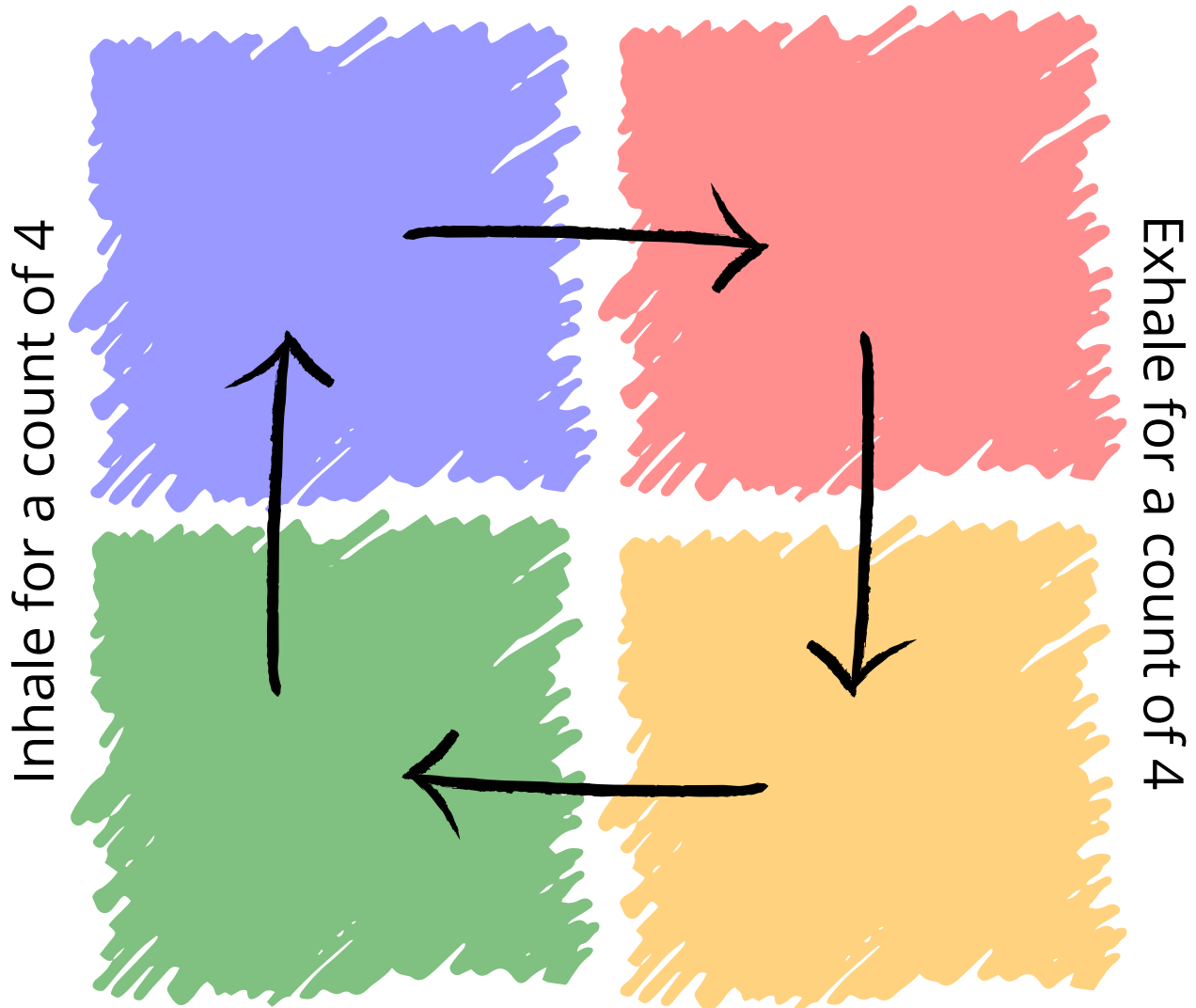


# BOX BREATHING

*for anxiety*

Hold for a count of 4



Pause for a count of 4

**\*\* Repeat the box at least five times \*\***

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