# FEELING STRESSED?

## TRY BOX BREATHING

BREATHE IN

1 2 3 4

4 1

HOLD

3 2

HOLD

2 3

HOLD

1 4

4 3 2 1

BREATHE OUT

WHEN WE ARE

**RELAXED**

OUR BREATHING BECOMES MORE

**STEADY**

WHEN WE BREATHE

**STEADY**

WE BECOME MORE

**RELAXED**

treeofknowledge

/tree.of.knowledge @tree_of @tree_of