

BOX BREATHING TOOL

When stress starts to rise, this box breathing guide offers a simple way to help your body slow down and reset. Follow the four sides of the square: inhale for four counts, hold for four, exhale for four, and hold again for four before beginning the cycle again.

Trace the shape with your finger, your eyes, or even a pen as you breathe. Repeat the pattern for a few minutes until your breath deepens and your body begins to soften. Keep this page somewhere visible, on your desk, nightstand, or refrigerator, so it's easy to return to whenever you need a moment to pause and steady yourself.

Hold for 4

