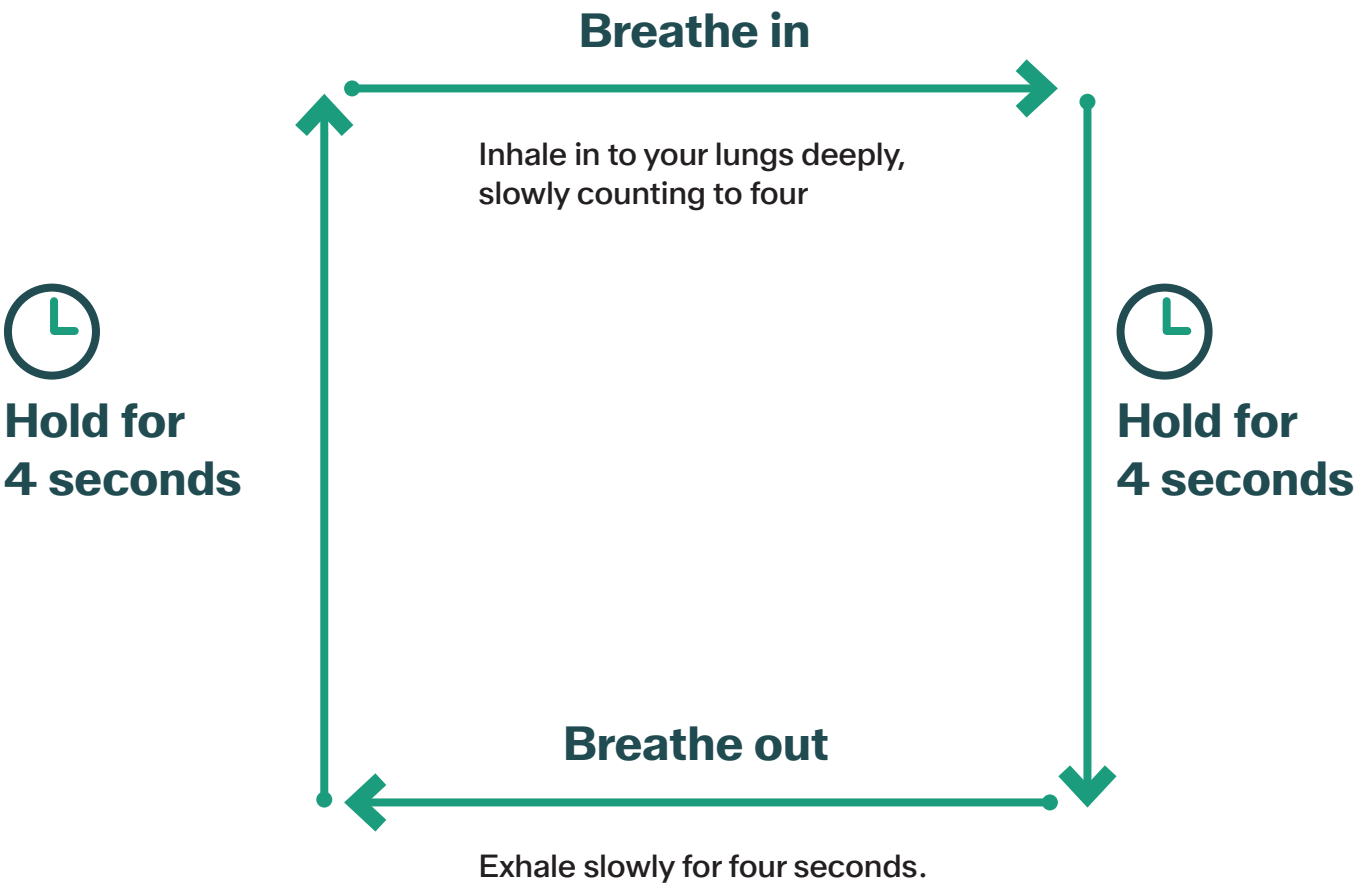
MINDFUL MOMENT 3

Box Breathing

Use this exercise when you are feeling stressed. Box breathing can help reset your mind and body.

- First use when you feel calm. The more you practice Box Breathing, the easier it gets.
- Find a quiet and comfortable place to sit. If you are on a chair, plant your feet flat on the ground.
- Once you are comfortable in your seat, sit up tall and if you feel comfortable to do so, close your eyes.



CENTRAL HEALTH
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