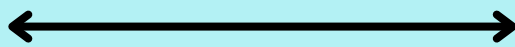


FOUR SQUARE BREATHING

To Reduce Anxious Feelings

01

Breathe in slowly
while counting to four.



02

Hold the breath for
about four seconds.



03

Slowly exhale
for four seconds.



04

Repeat steps 1-3
about 10 to 20 times.

