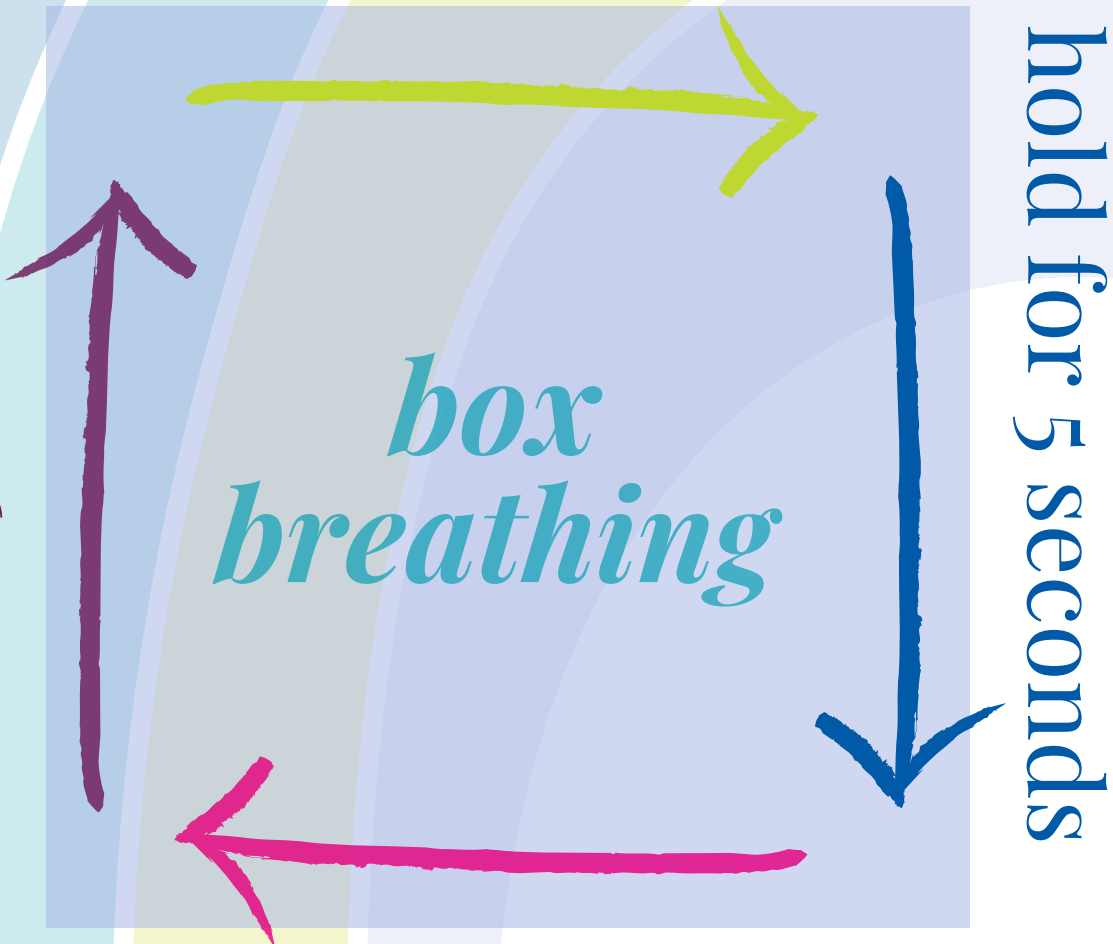


## WELLBEING RESOURCE

Box Breathing is a relaxation technique that is designed to reduce feelings of stress. You can practice box breathing with the following technique:

inhale for 5 seconds

hold for 5 seconds



hold for 5 seconds

exhale for 5 seconds