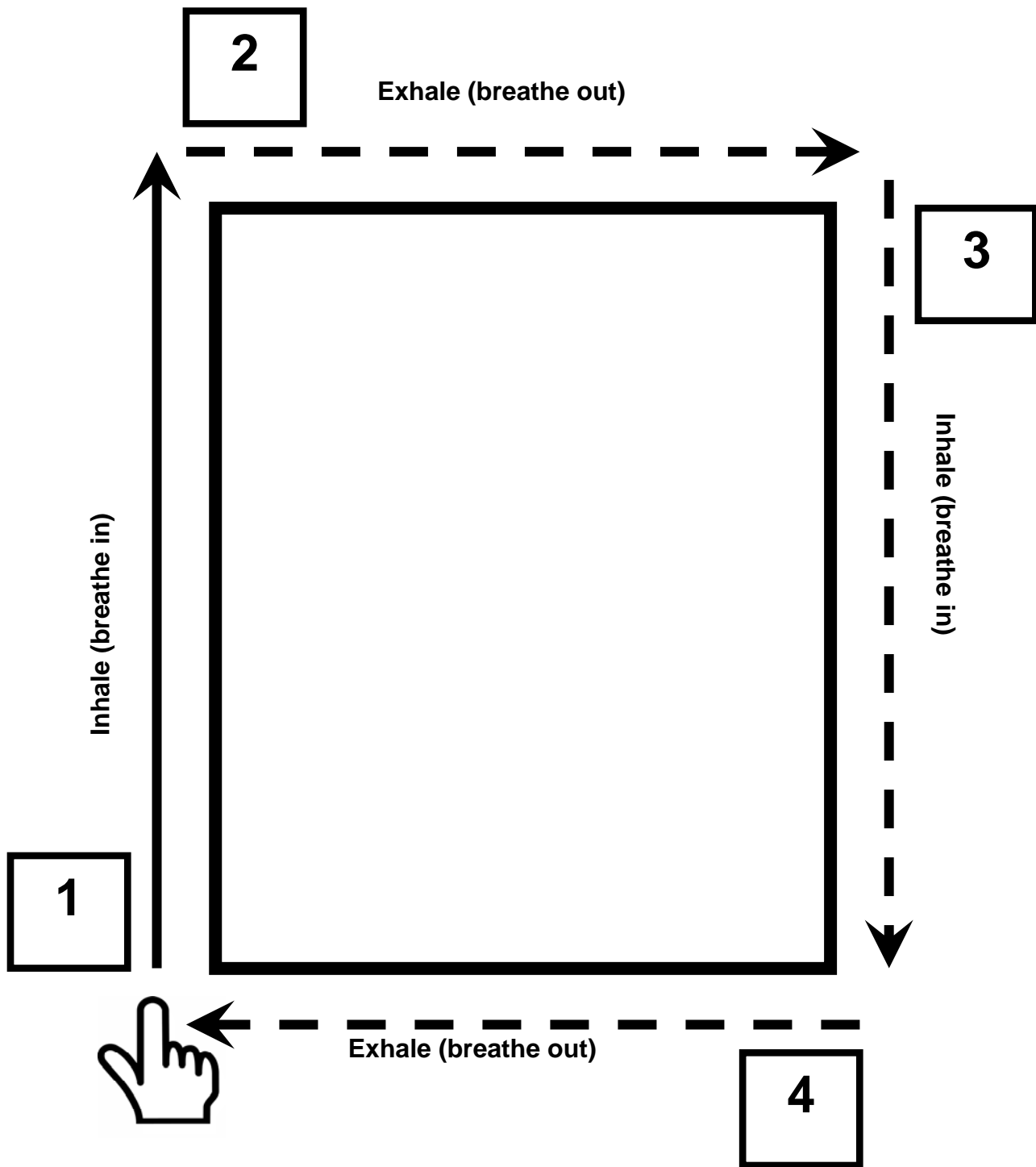


Box Breathing Steps



1. Place your finger on the image of the pointing finger near box 1
2. Trace the line with your finger moving upwards towards box 2. Inhale slowly as you trace the line.
3. Continue to trace the line moving from box 2 to box 3. Exhale slowly as you trace the line.
4. Begin to inhale as you move from box 3 to box 4.
5. Exhale as your trace the line from box 4 to box 4
6. Continue tracing the limes as described above for as long as you desire.