## BOX SATHING

Sometimes called four square breathing, try out this technique to slow your breathing and calm your system.



Breathe in through your nose for four seconds



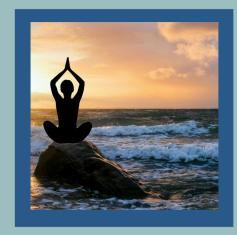
Hold the air in your lungs for four seconds

Hold the air in your lungs for four seconds



Breathe out through your nose for four seconds









@theconcussioncrew