

## ***Box Breathing***



Inhale

5 seconds



Hold

5 seconds

### **Why Box Breathing Is Helpful**

Box breathing can help get your body regulated back into its natural rhythm. This technique only takes a couple of seconds to do and can help when you're feeling anxious, stressed, or upset.

5 seconds

Hold



5 seconds

Exhale



***Meet the clinician behind this helpful  
resource...***



**Brecken Wilkinson**



Scan the QR code to learn more about other supportive techniques Brecken uses in session.



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