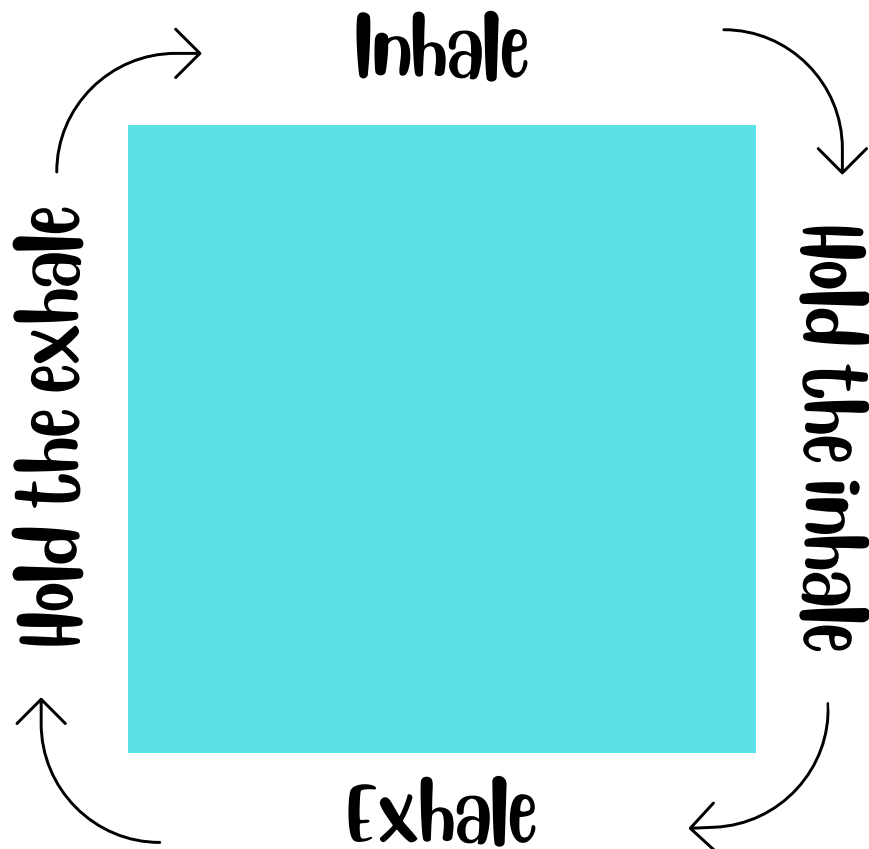


Mindful Breathing Exercises



Box Breathing

Picture a square box in your mind. Starting at the top left-hand corner, move across each of the sides. On the top side of the square, breathe in, and on the right side, hold the breath. Moving to the bottom of the square, breathe out, and then on the left side, hold the breath; repeat the pattern.