



Breathe. Reset. Refocus.

Box Breathing — 60 seconds to calm

	INHALE 4 seconds	
HOLD 4 seconds	Repeat 4x	HOLD 4 seconds
	EXHALE 4 seconds	

WHEN TO USE IT

- Before you roll
- Before a hard conversation
- When anxiety spikes
- When you cannot sleep
- When nothing feels okay

This technique works. Use it.

If breathing is not enough: Call or text 988 — 24/7, free, confidential