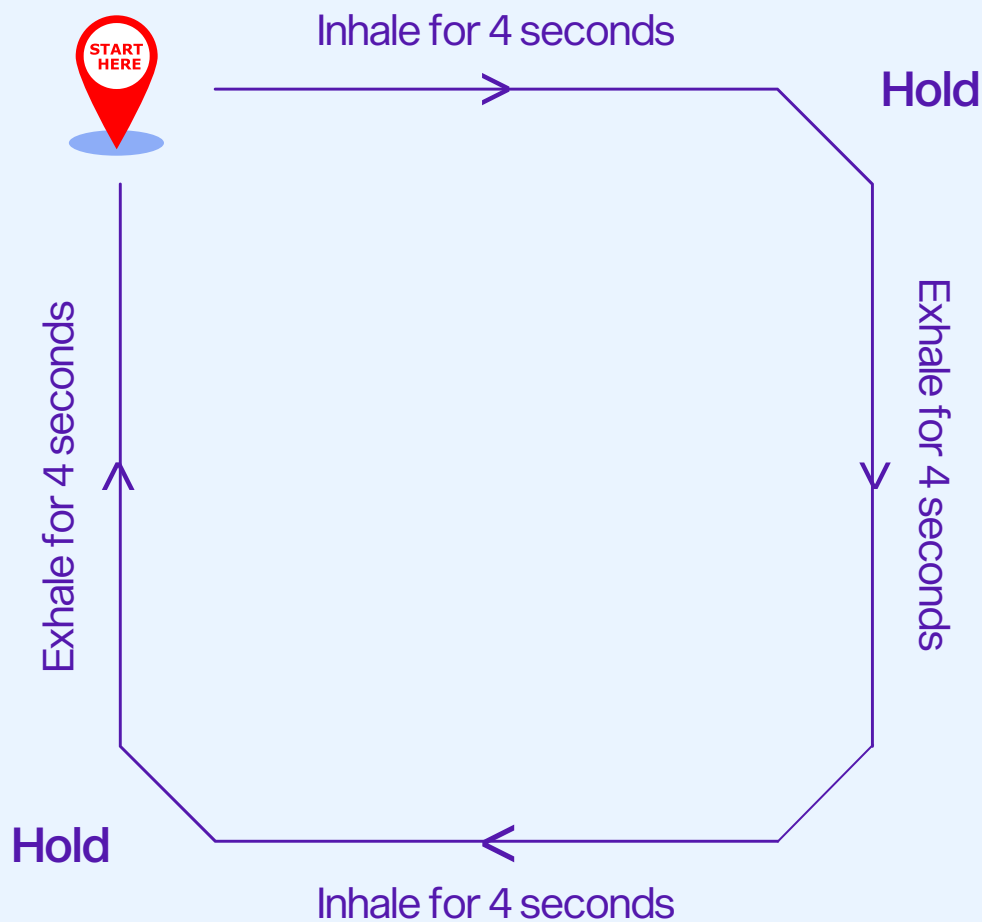


Box Breathing

Box breathing is a simple yet powerful relaxation technique that can help you manage stress, anxiety, and improve focus. Try this box breathing exercise below.



Continue for 2-3 rounds. Afterward, take a moment to reflect on how you feel.