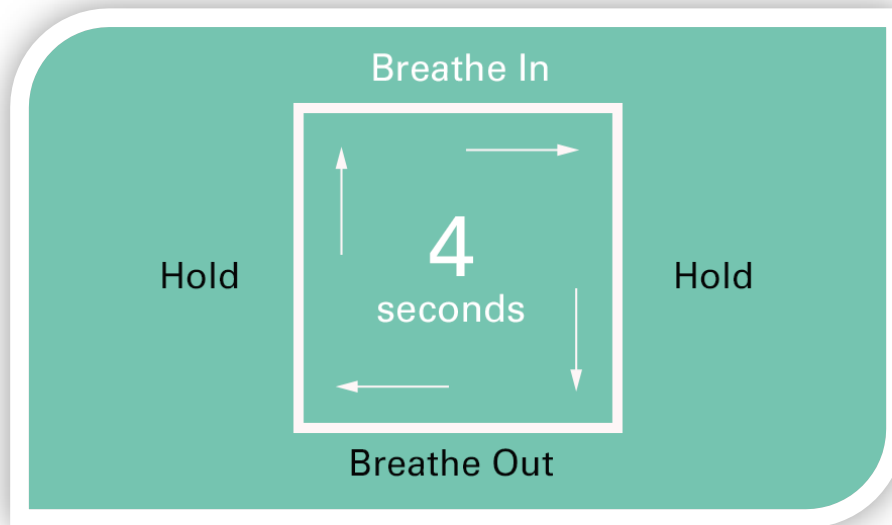


**BOX OR SOBER BREATHING**



1. Breathe in for 4 seconds
2. Hold air in the lungs for 4 seconds
3. Breathe out for 4 seconds, emptying all of the air in the lungs
4. Hold the lungs empty for 4 seconds
5. Repeat the cycle for several seconds

**OR**

- S** Stop: pause wherever you are
- O** Observe: what is happening in your body and mind
- B** Breathe: bring focus to the breath as an anchor to help focus and stay present
- E** Expand: to your whole body and surroundings
- R** Respond: mindfully vs. automatically