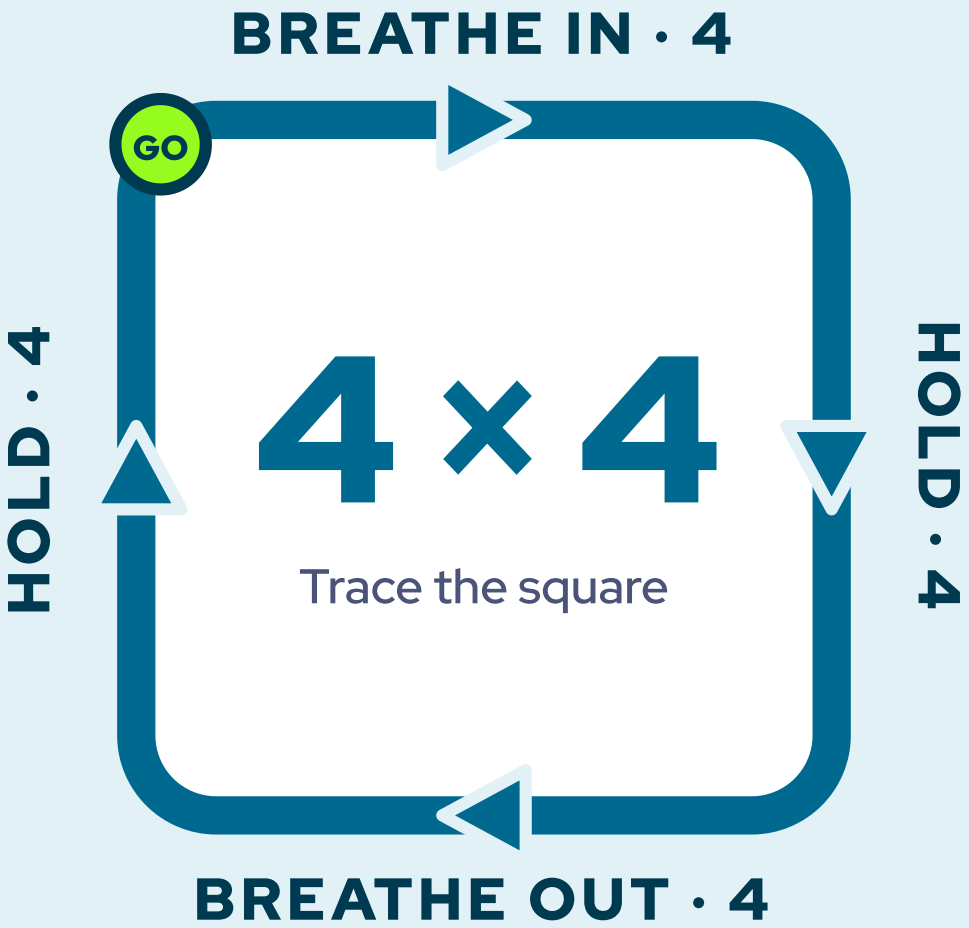
Feeling tense? Breathe in a box.

Four even counts to slow your breathing down. Nobody can tell you're doing it.



Repeat four times, or for about a minute. If four feels too long, count to three.

FREE 2-MINUTE CHECK-IN

How are you doing this week?

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