**Experiential: Box Breathing**

Box breathing also known as "square breathing" is a Navy SEALs relaxation technique used to reduce stress and stay calm.

**Script:**

*Breathe in through your nose for 4 breaths. Like this: inhale....1...2...3...4...hold for 4 breaths...1...2...3...4...exhale for 4 breaths...1...2...3...4...hold your lungs empty for 4 breaths...1...2...3...4...Continue this for 4 more rounds of breath.*