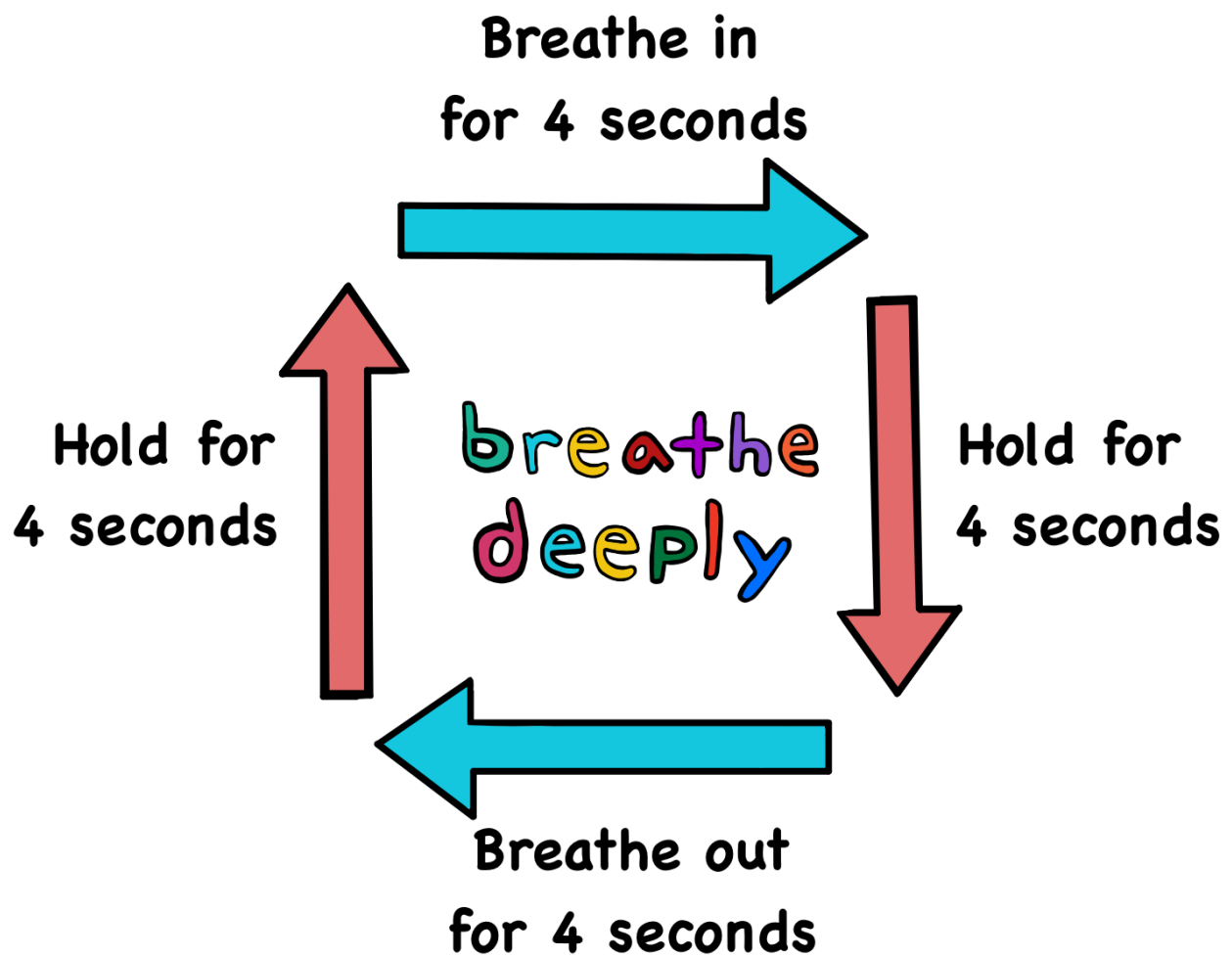


# Box Breathing

De-stress with focused breaths...



You've got this.  
We've got you!

