

5-4-3-2-1 Senses

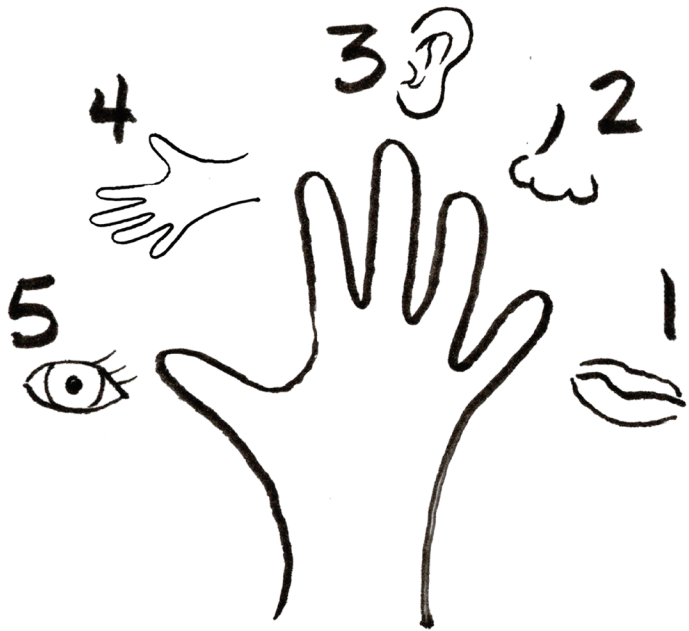
5 things you can see right now.

4 things you can touch right now.

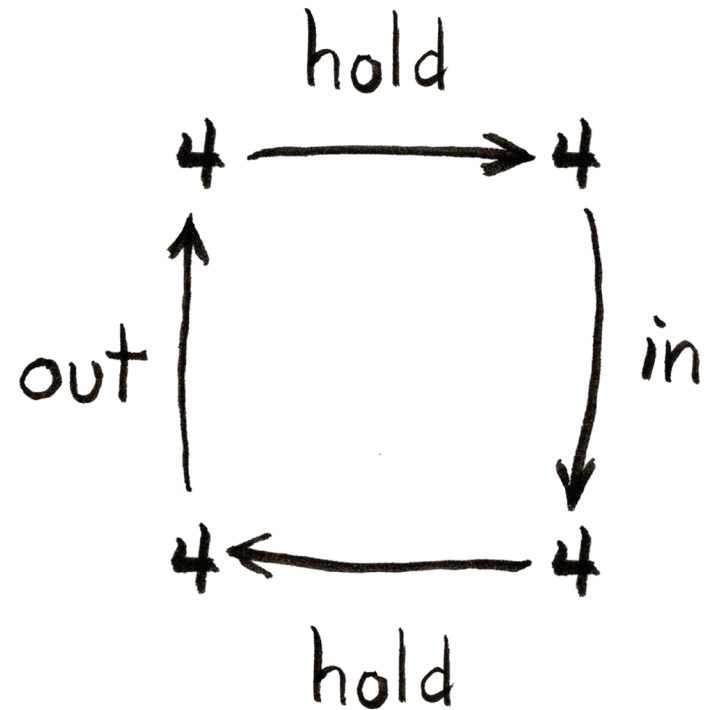
3 things you can hear right now.

2 things you can smell right now.

1 thing you can taste right now.



Box Breathing



Breathe in for 4 seconds.

Hold for 4 seconds.

Breathe out for 4 seconds.

Hold for 4 seconds.

Repeat.