

Box/Square Breathing

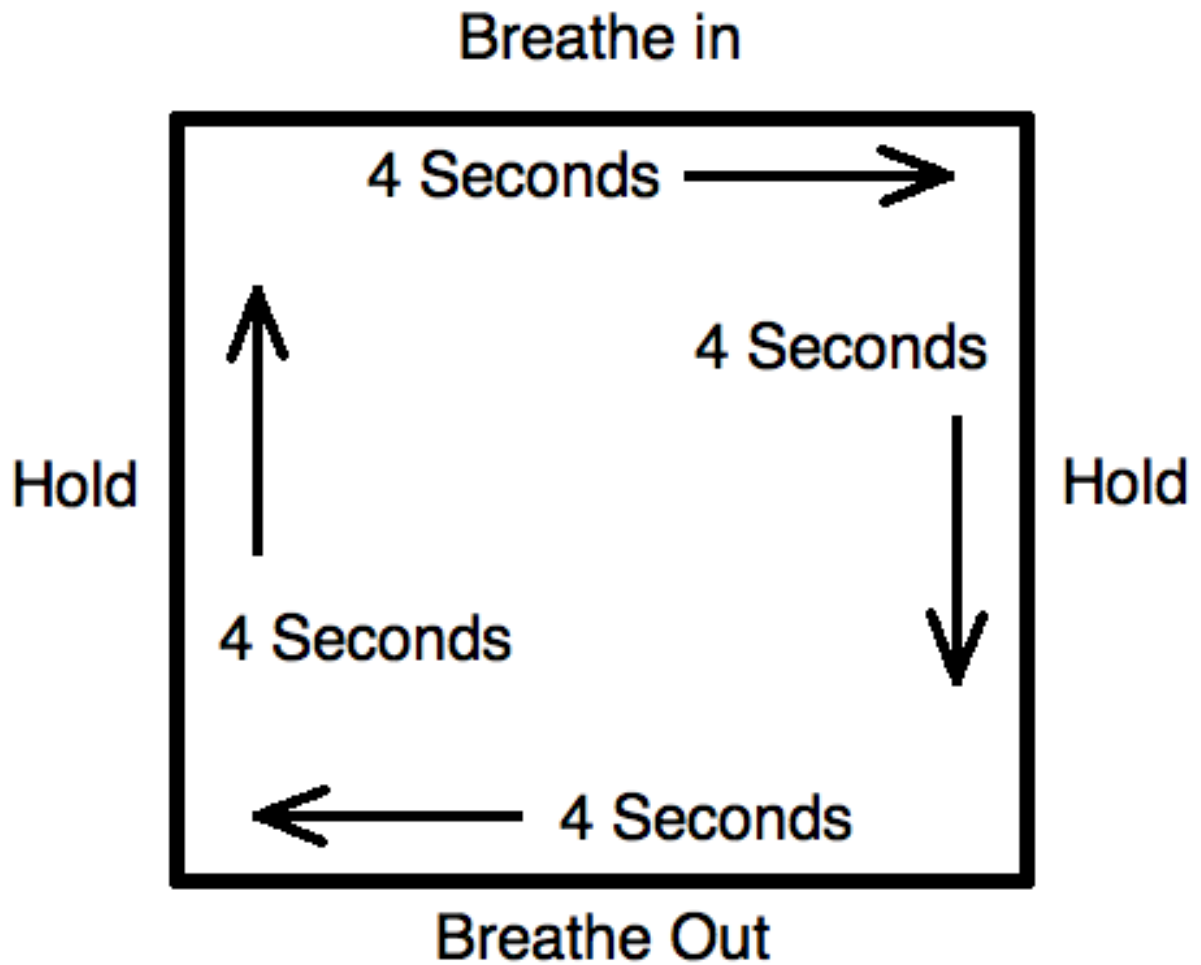


Image taken from <https://medium.com/@mikenseer/the-life-hack-you-can-take-anywhere-breathing-20f0627d0f73>