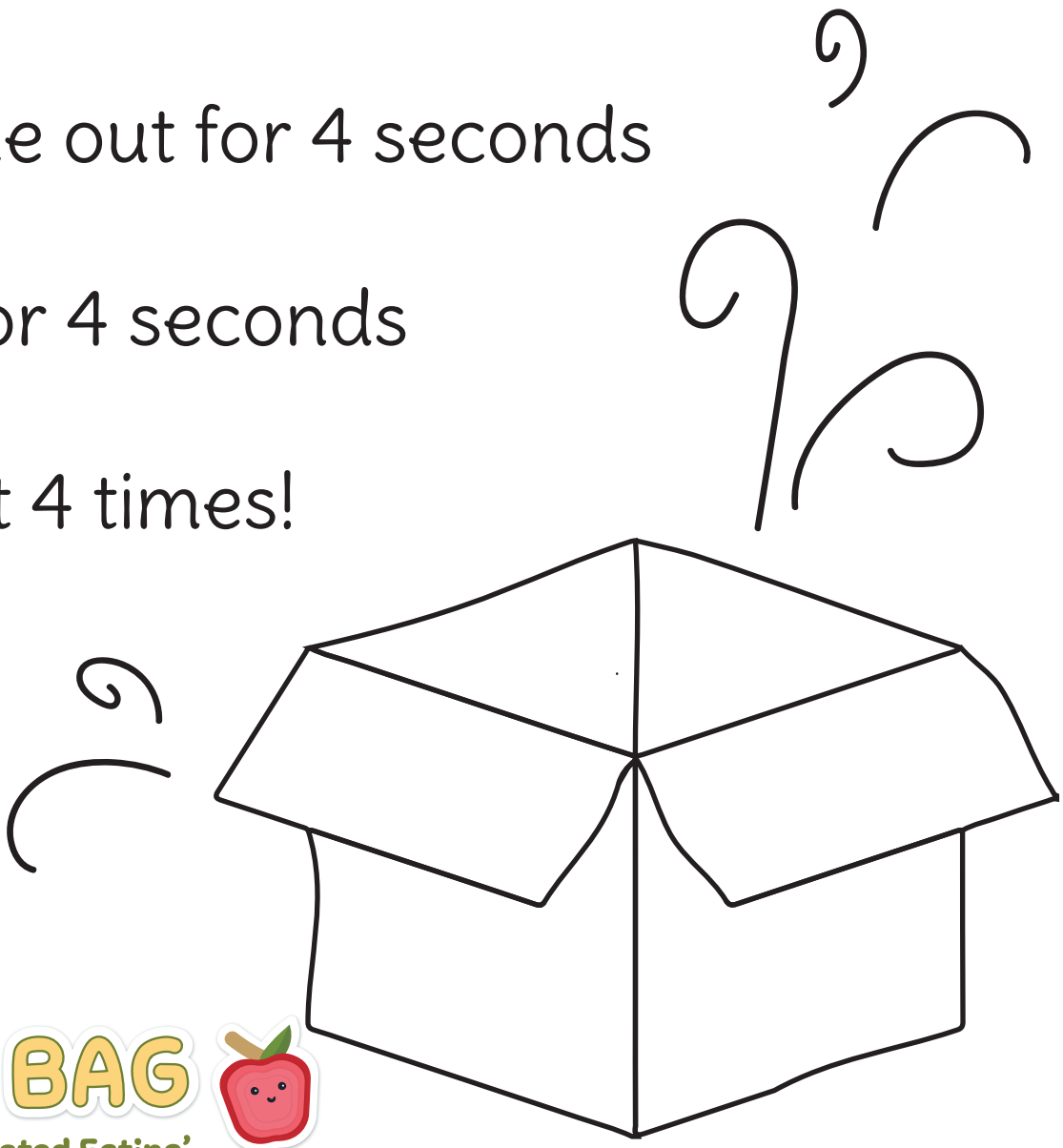
Coping Strategies

Box breathing technique:

- Breathe in for 4 seconds
- Hold for 4 seconds
- Breathe out for 4 seconds
- Hold for 4 seconds
- Repeat 4 times!