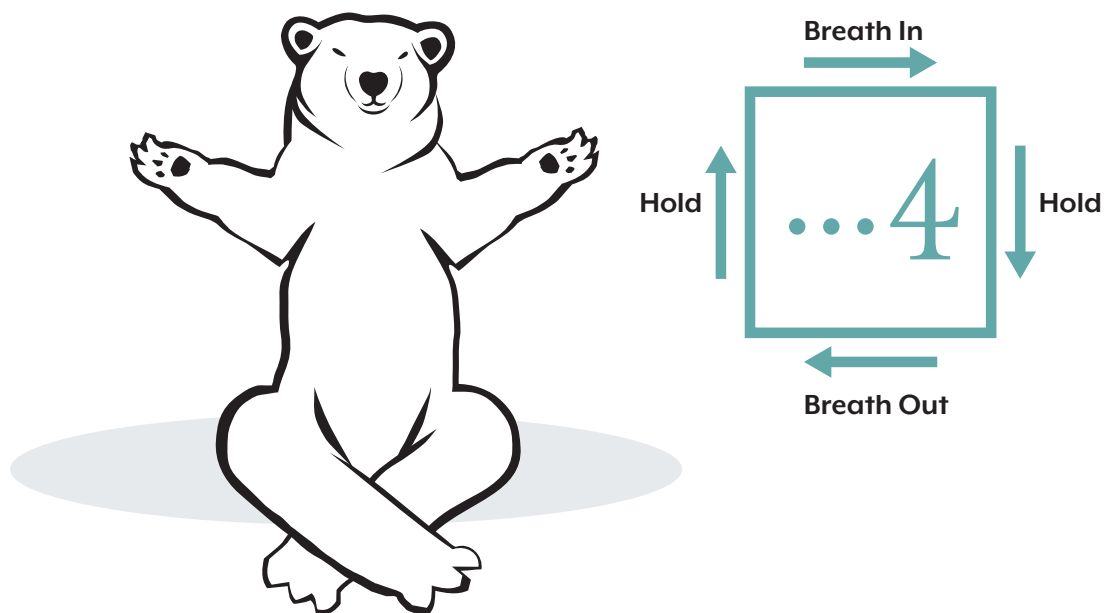




Reboot Your Brain: Box Breathing



Finding it hard to motivate? Difficult to organize your tasks? Forgetting what you are about to say?

It is very common for people to experience these challenges when they are under high levels of distress. Similar to when your operating system is overloaded, we need to close some mental tabs. Here's a simple exercise to reboot your brain.

1. **Step 1:** Breath in through your nose for the count of 4
2. **Step 2:** Hold your breath in for the count of 4
3. **Step 3:** Breathe out through your mouth for the count of 4
4. **Step 4:** Hold for the count of 4
5. **Step 5:** Repeat as needed for desired results.



For more information visit:
<http://bit.ly/BowdoinMHMoments>