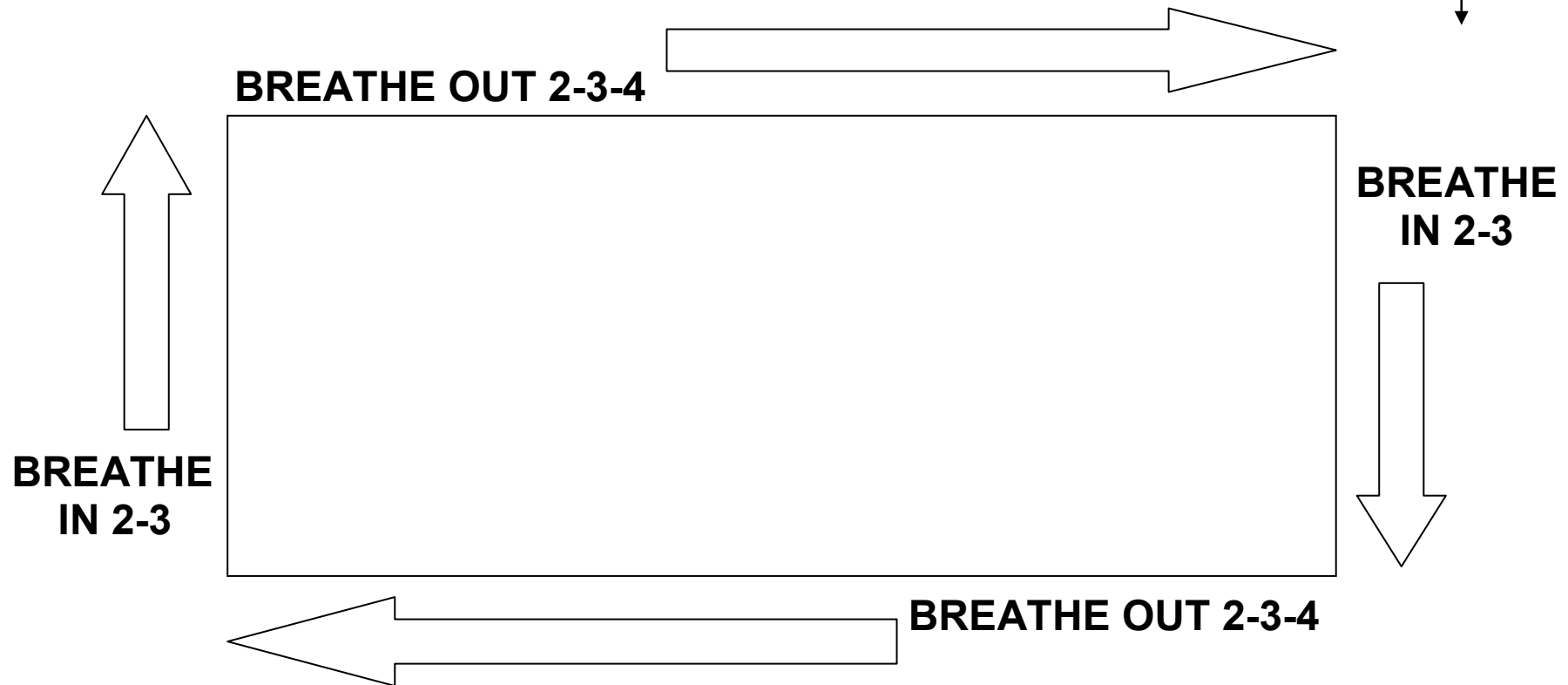


START

Breathing Rectangle



Use the breathing rectangle to help you focus on your breathing, allowing you to get your breathing under control. Breathe in through your nose, slowly. Breathe out through your mouth, slowly & for longer. Using a pursed lip technique can help. By practicing this technique you can use it anywhere.