



# TEENS

## Grounding Techniques

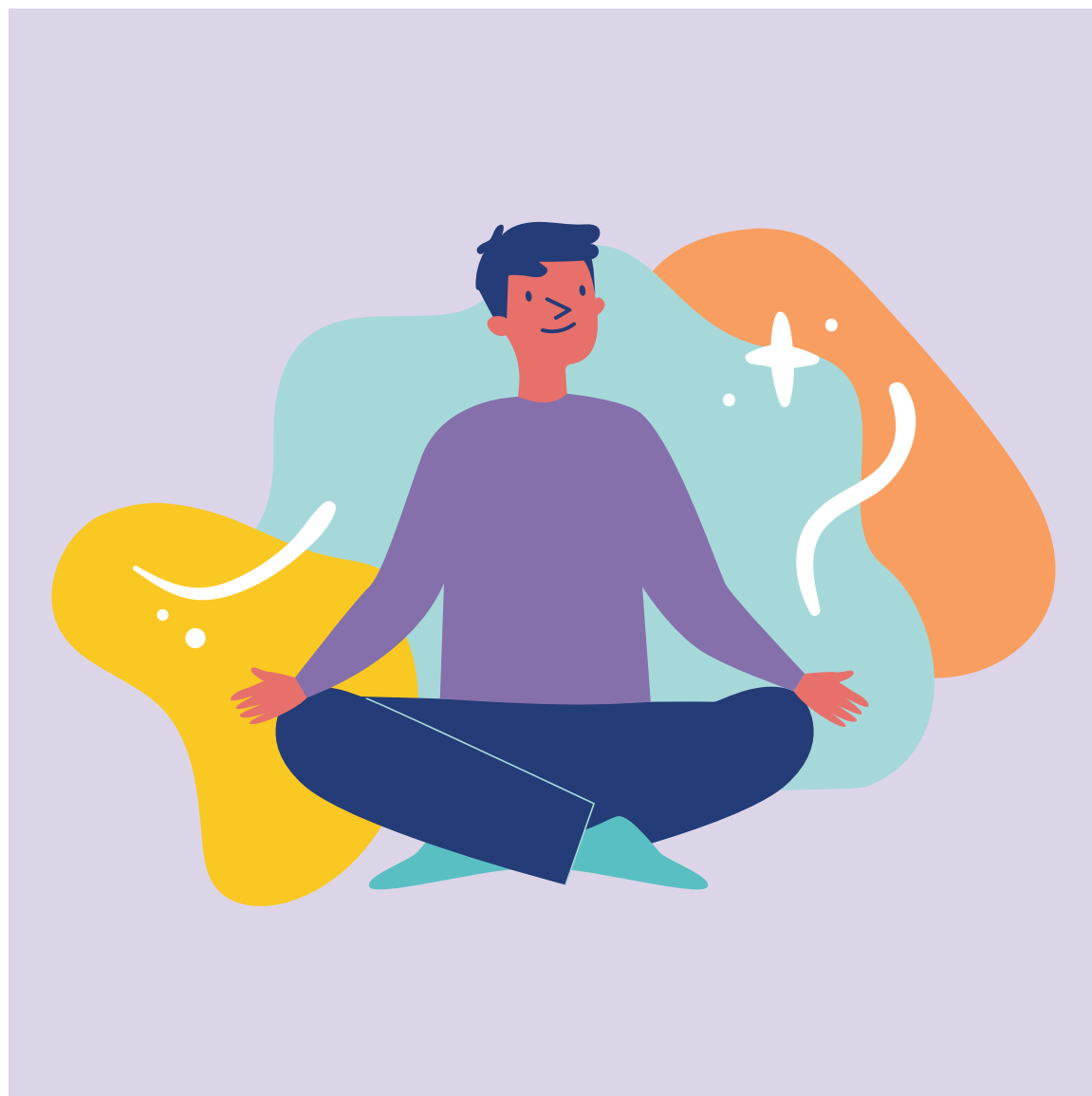
### BOX BREATHING

During tense moments, stress, or anxiety TRY BOX BREATHING:

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#### INHALE

Inhale through nose for 4 seconds.  
Feel the air enter your lungs.



#### REPEAT

Repeat until  
calm returns.



#### HOLD

Hold breath  
for 4 seconds.  
Relax as you  
hold.



#### EXHALE

Exhale slowly for 4 seconds.



1-800-4-A-CHILD

