



BURNOUT **EMERGENCY** TOOLKIT

BREATHING EXERCISES

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BOX BREATHING

Hold for 4



Breathe in for 4

Breathe out for 4

Start
here

Hold for 4

ALTERNATE NOSTRIL

BREATHING

HOW TO DO IT

- ▶ **Use your right hand: thumb on the right nostril, ring finger on the left.**
- ▶ **Close right nostril, inhale left.**
- ▶ **Close left, exhale right.**
- ▶ **Inhale rightt, close it, exhale left.**
- ▶ **Repeat for 5-10 mins.**

