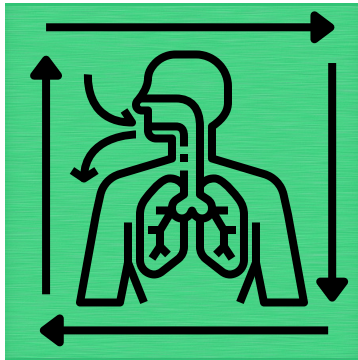


RECOVER CANN

HELPING THOSE THAT SERVED

Combine the power of your ice pack with the calming effects of box breathing. This simple technique can enhance your relaxation and support your overall wellness.

Box breathing, also known as square breathing, is a powerful yet simple relaxation technique. It can help reduce stress, increase focus, and promote a sense of calm.



How to Do Box Breathing:

- Step 1: Inhale slowly through your nose for a count of 4.
- Step 2: Hold your breath for a count of 4.
- Step 3: Exhale slowly through your mouth for a count of 4.
- Step 4: Hold your breath for a count of 4.
- Repeat these steps for 5-10 minutes, focusing on your breath and the cool sensation of the ice pack.

Tips:

- Use box breathing while applying the ice pack to your chest or vagus nerve to maximize the calming effects.