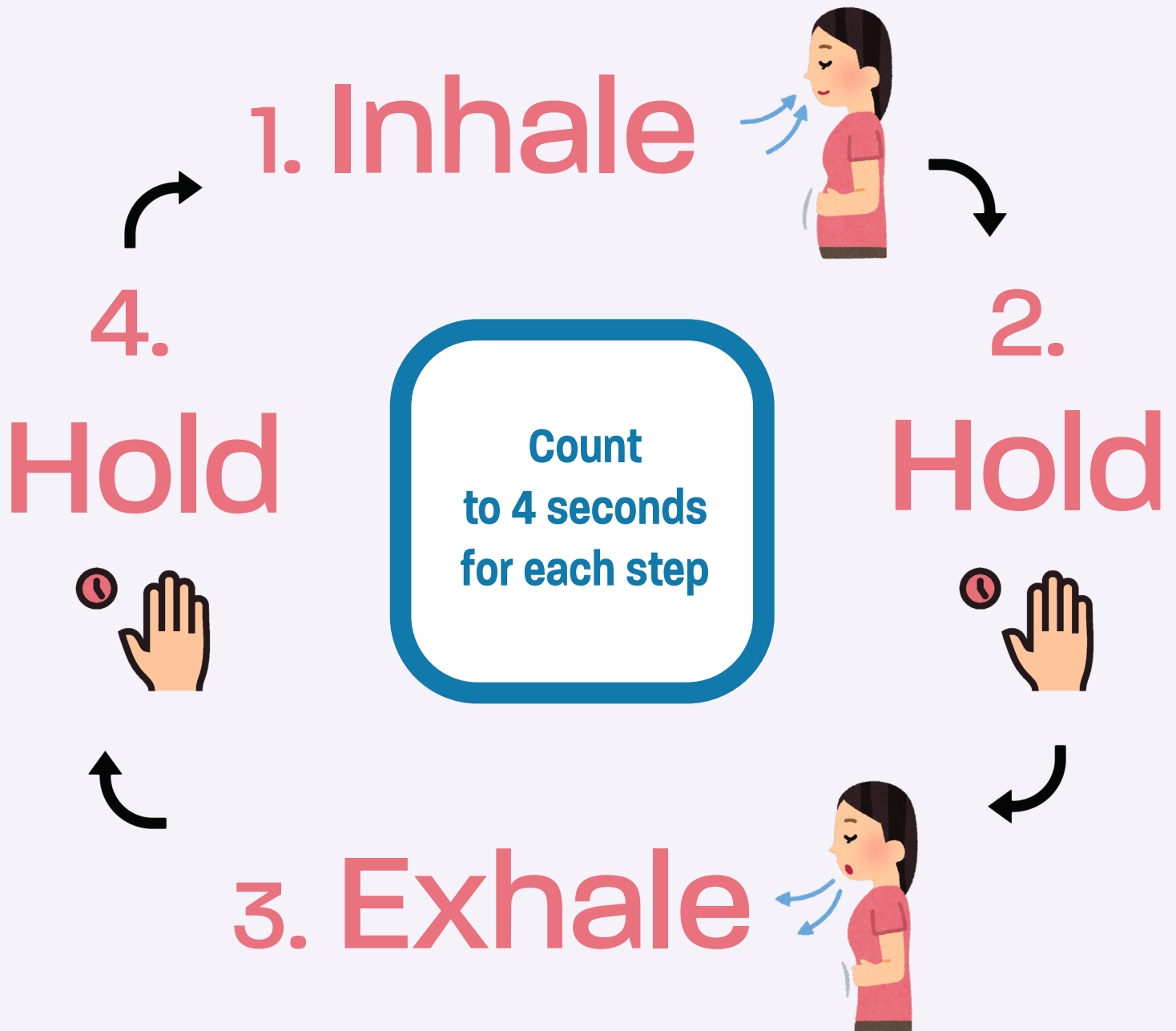


BOX BREATHING

Relax • Focus • Calm your mind • Feel positive



Scan to
follow along
with a video!



If you've tried healthy coping strategies and still feel overwhelmed, ask for help. If you or someone you know is struggling or in crisis, help is available. **Call or text 988 or chat 988lifeline.org.**

Visit **SDBehavioralHealth.gov** for behavioral health resource information.

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