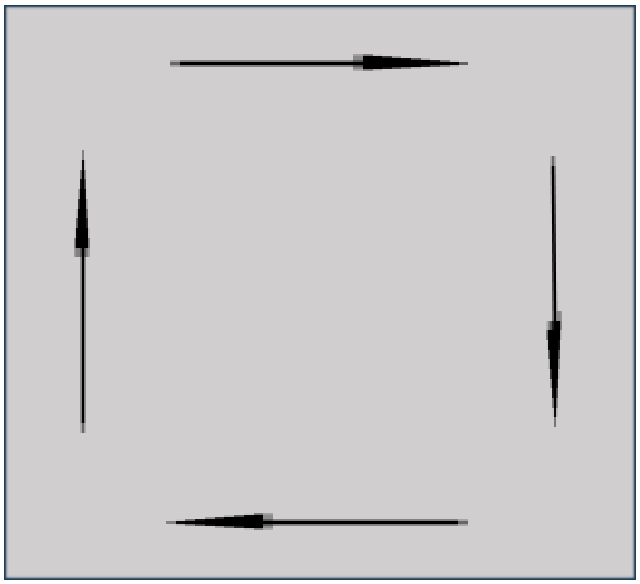
Box Breathing Exercise

Box breathing is a technique for deep breathing, which has been shown to help relax the nervous system. It is a powerful, yet simple, relaxation technique that aims to return breathing to its normal rhythm. It may help to clear the mind, relax the body, ease panic and worry, help the body cope with stress, bring more oxygen to the body and improve focus. You can think of it as “resetting your breath”.

It is easy to do, quick to learn and can be a highly effective technique for people in stressful situations. People with high-stress jobs, such as soldiers and police officers, often use box breathing when their bodies are in fight-or-flight mode. This technique is also relevant for anyone interested in re-centering themselves or improving their concentration.

<u>Step 2</u>
Keep the lungs full,
hold for 4 seconds

<u>Step 1</u>
Breathe in
through nose
for 4 seconds



<u>Step 3</u>
Breath out
through mouth
for 4 seconds

<u>Step 4</u>
Keep lungs empty,
hold for 4 seconds.
Repeat process.

<u>Tips:</u>

- If 4 seconds for each side of the quare is too much, you can use 2 or 3 to help you get the hang of it!
- Try saying the numbers in your head if it is hard to find the beat.
- Get comfortable! It is easier to relax and breathe when your body is in a relaxed and comfortable position.