BOX BREATHING

BREATH IN

HOLD

HOLD
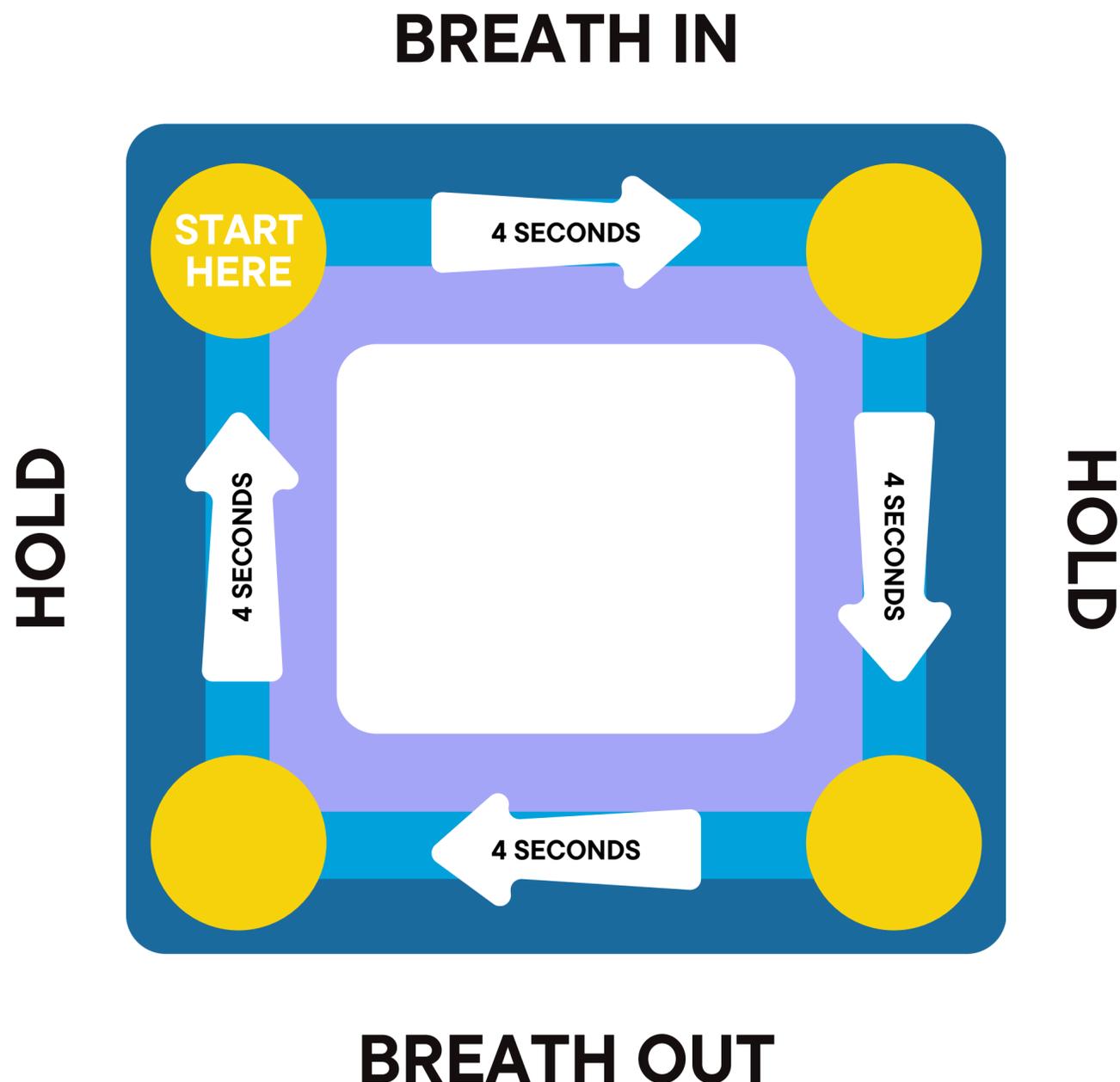
START HERE

4 SECONDS

4 SECONDS

4 SECONDS

4 SECONDS

BREATH OUT

Box breathing is a technique for deep breathing, which helps to relax the nervous system.

Deep breathing helps aid the body in many ways:

→ Calming and regulate the nervous system

→ Help the body cope with stress

→ Ease panic and worry

→ Bring more oxygen to the body

Tips for optimizing box breathing exercise:

→ If 4 seconds is too long, try it for 2 or 3 seconds at a time to help you get the hang of it!

→ Get comfortable! It is easier to relax and breathe when your body is in a relaxed and comortable position.