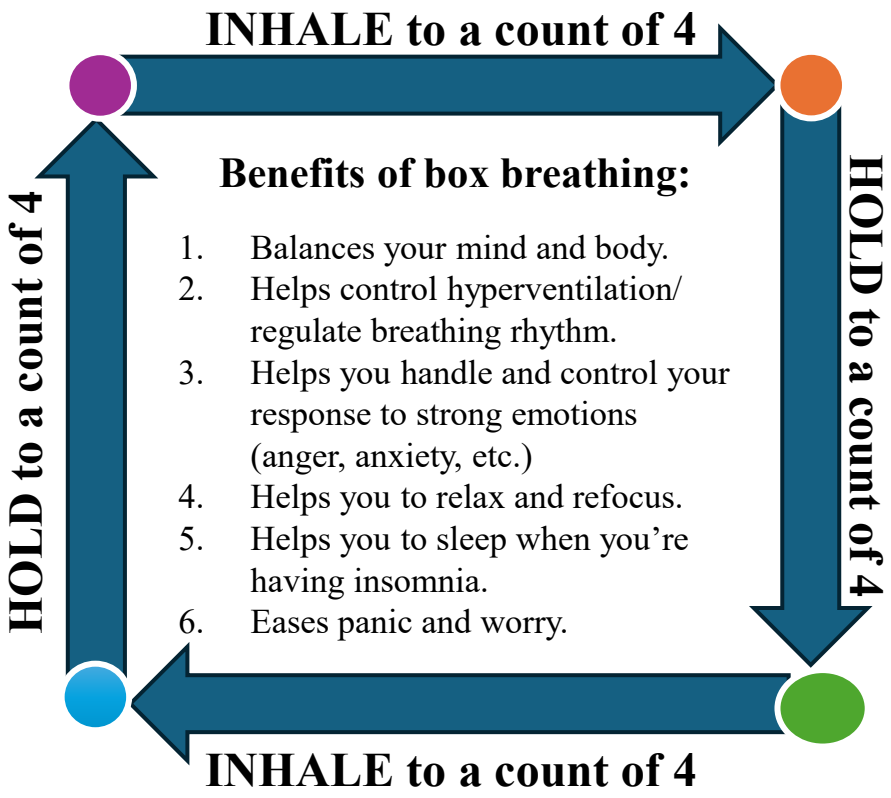
Box Breathing

STEP 3: *Slowly and evenly breathe out through your nose for 4 seconds, activating the parasympathetic nervous system and relaxing the body and mind.*

STEP 2: *With your lungs full, hold your breath for 4 seconds. This allows oxygen to enter the bloodstream and carbon dioxide to enter the lungs.*



Benefits of box breathing:

1. Balances your mind and body.
2. Helps control hyperventilation/ regulate breathing rhythm.
3. Helps you handle and control your response to strong emotions (anger, anxiety, etc.)
4. Helps you to relax and refocus.
5. Helps you to sleep when you're having insomnia.
6. Eases panic and worry.

STEP 3: *Again, with your lungs full, hold your breath for 4 seconds. Then repeat steps 1-4 until you feel recentered. The goal is to go through the cycle at least 4 times.*

STEP 1: *Slowly and evenly inhale through your nose for four seconds, breathing in deeply and allowing your lungs to fill up fully. This will slow your heart rate.*

START HERE

POSITION:

Sit in a chair with your back supported and your feet firmly on the floor.

or

Lie down with one hand on your chest and the other on your stomach.