



Box Breathing

Box breathing is a powerful breathing technique that can help you reduce stress, improve focus, and enhance your overall well-being. This technique is also used by the police and military personnel to help reduce stress levels before, during and after high-risk encounters.

To practice box breathing, find a quiet and comfortable place to sit or lie down. Here are the steps to follow:

1. Take a few deep breaths to settle into a comfortable rhythm.
2. Inhale deeply through your nose for a count of four, feeling your lungs expand fully.
3. Hold your breath for a count of four, focusing your attention on your breath and clearing your mind.
4. Exhale slowly and fully through your mouth for a count of four, releasing all the air from your lungs.
5. Hold your breath for a count of four, maintaining a sense of calm and relaxation.

Repeat this cycle for several minutes, or as long as you like. As you practice box breathing, focus on maintaining a steady, even rhythm and staying present with your breath. By practicing this technique regularly, you may find that you feel more calm, grounded, and energized in your daily life.



Click here or scan with your phone camera for video explanation

