

Box Breathing

Box Breathing, also known as Square Breathing or Four-Square Breathing, is a breathing technique and grounding tool used to help relax the body and mind. It works by calming your nervous system through controlled, intentional breaths to help you ground yourself. This technique can help you control anxiety, relieve stress, ease panic attacks, and even improve sleep! Help yourself relax by following the steps below and incorporating Box Breathing into your daily routine.



Step 1. Sit Upright in a Comfortable Spot with Your Feet on the Floor

Get completely relaxed and comfortable. Make sure there are no distractions or loud noises. This technique is supposed to help you relax, so make sure your environment matches that goal. You should be sitting straight with good posture and have your hands on your lap with your palms facing upward.

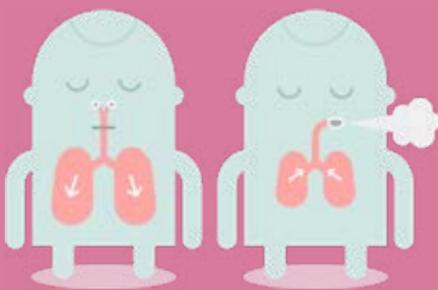


Step 2. Slowly Exhale

Breathe all of the air out of your lungs. Visualize your stress and anxiety leaving your body with the air. This step is to clear your mind before beginning, so get in the right headspace.

Step 3. Breathe In

Take a slow, deep breath in through your nose while counting to 4 slowly in your head. Feel the air entering your lungs and filling them up.



Step 4. Hold Your Breath

Hold this breath in for 4 seconds.

Step 5. Breathe Out

Exhale your breath through your mouth counting slowly to four in your head. Focus on the feeling on the air leaving your lungs and body.

Step 6. Hold and Repeat

Hold your exhale for 4 seconds and then repeat these steps for at least 2 minutes, or as long as it takes for you to feel relaxed.

