

Box Breathing (6–6–6–6)

Use this practice for calming anxiety and bringing focus. Complete 4–6 rounds, about 3–5 minutes.

Inhale to the count of 6 — imagine drawing the **left side of a box** as your breath rises.

Hold your inhalation for 6 — this is the **top of the box**, steady and strong.

Exhale to the count of 6 — draw the **right side of the box** as the breath leaves your body.

Hold your exhalation for 6 — this is the **bottom of the box**, grounding and stable.

Each full cycle completes a square. As you continue, imagine tracing a glowing box with your breath — side by side, smooth and connected. If your mind wanders, gently bring it back to the shape of the box and the steady rhythm of 6.