

Box Breathing

A steady breathing pattern that can help slow things down when you are stressed, activated, or overwhelmed.

Breathe
Pause
You Got
This

CALMER
KINDER
CLEARER
STRONGER
BRIGHTER
TOMORROW

A calmer
you is
possible

Small
Breaths
Big
Changes

1 What is box breathing?

Box breathing is a simple, steady breathing pattern where you inhale, hold, exhale, and hold for the same number of counts. It can help calm your nervous system, slow your heart rate, and bring you back to the present moment.

One
breath at
a time

2 Why use it?

Box breathing can help you:



Feel calmer and more grounded by soothing your nervous system.



Improve focus and concentration.



Feel more steady during stress, worry or big emotions.

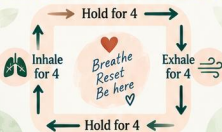


Support better decision making and a clearer mind.

Steady
helps

3 The pattern

Follow the square. Each side is the same length.



4 How to do it

Find a comfortable position. You can sit or lie down.

- 1 Inhale gently through your nose for a count of 4.
- 2 Hold your breath for a count of 4.
- 3 Exhale slowly through your mouth for a count of 4.
- 4 Hold your breath for a count of 4.
- 5 Repeat for a few rounds, or for as long as feels helpful.
- 6 Notice how you feel. A little calmer? A little more steady? That's the goal.

You
can start
small

5 When might this help?

Box breathing can be useful...



Before a meeting, presentation or difficult conversation.



After a conflict or when emotions feel high.



When your thoughts are racing or you feel anxious or overwhelmed.



When you need to reset, refocus or transition to something new.

Same breath. A calmer you.

6 Make it work for you

Try these ideas if needed:



Use a smaller count, like 3 instead of 4.



Skip the holds if that feels more comfortable. Try inhale 4, exhale 6.



Try a longer exhale, such as inhale 4, exhale 6 or 8, which can be extra calming.

There isn't a perfect way.
Just a way that works for you.

7 A helpful reminder

If holding your breath feels uncomfortable, it's okay to skip it. A gentle inhale and a longer exhale can still help calm your nervous system.



You are doing enough.

Kind
Brave
Capable
You Got This