

Box Breathing



Box breathing, also known as **square breathing**, is a structured breathing method where you inhale, hold, exhale, and hold again, each for the same length of time, creating a “box” pattern in your mind.

Benefits of box breathing include:

- **Nervous system regulation** - the focused breathing slows the heart rate and helps reduce fight or flight responses
- **Enhanced focus** - many people in high stress positions use this to help regulate their breathing to allow them to concentrate even in stressful environments
- **Promotes mindfulness** - by counting breaths and focusing in on the process, box breathing can help to anchor you in the present moment

A step-by-step guide

1. Sit comfortably with your spine upright or lie down if you prefer. Relax your shoulders and jaw.
2. Inhale through your nose for 4 seconds, feel your belly expand first, then your chest.
3. Hold your breath for 4 seconds, keeping your body relaxed.
4. Exhale slowly through your mouth for 4 seconds, steady and controlled.
5. Hold your breath out for 4 seconds, a pause before the next inhale.
6. Try to do at least 4 full cycles. As you practice this, you will find that you are able to maintain it for longer.