



Box Breathing

Box breathing, or square breathing, is a strategy for slow, deep breathing that helps to calm our nervous systems, cope with stress and anxiety, and improve focus. Box breathing is a strategy that you can use anytime and anywhere, though it tends to be easier to use while sitting when you are first practicing the strategy.

Box breathing is simple; you just need to visualize a box as you breathe, inhaling through your nose for a count of 4 on the left side of the box, holding for a count of 4 at the top, breathing out of your mouth for count of 4 on the right side of the box, and then holding again at the bottom. To get more benefit from box breathing, you will want to do this breathing for several minutes (or make at least 5 boxes with your breath).

If it is hard to hold for a count of 4, you can start with a shorter count (to 2 or 3 on each side).

