



BREATHWORK

Box Breathing

Our breath is an essential biological activity that we share with both the automatic and controllable part of our nervous system. Otherwise we would not wake up when we fell asleep.

Box Breathing method is a reality check – it brings our focus back into our bodies and our senses, while calming the fight flight response

Breathe with your belly / abdomen / diaphragm

You can do your breathing exercises ANYWHERE and ANYTIME – but if you want to get the most out of it – find a time and space to focus completely on your breathing

- Sit or lie on your back in a comfortable position
- Take a few cleansing breaths – feel the expanding of your chest and belly/abdomen
- Watch your shoulders don't lift towards your ears!
 - You may need to practice this in a mirror for a while to get it right!
- Box breathing can be a quick way to get you into calm yet focussed state
- Different breathing techniques can be used to help calm, or help induce sleep.

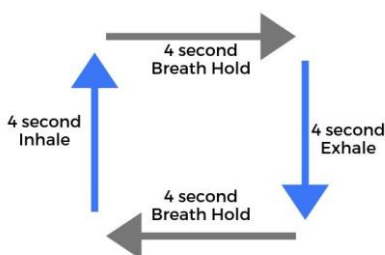
The Box Breathing technique is easy, quick and even Navy SEAL approved! It is effective for:

- Reducing anxiety, depression, pain and tension
- Relieving stress and even assisting in childbirth
- Helping clear your mind and increasing your energy and focus.
- Improving reactions to stress in the future.

Box Breathing is not meant to over-exert you by trying to get you to take big inhales, holds, and exhales. It is meant for stress relief and to calm you down. Try to breath as you would when taking a normal breath; slowly and gently

With a 4-4-4- ratio, Box Breathing has a net neutral energetic effect – it is not going to invigorate you or put you into a sleepy relaxed state, but it will, make you very alert and grounded, and ready for action.

5 rounds to start. You can do this for 5-10 minutes to calm your mind. It really depends on how much time you have, and how stressed out you are. You can also increase the time of your breaths and holds to 5, 6, 7, seconds or even more. Alternatively, if 4 seconds seems too long, begin with 3 seconds and increase from there.



[BOX BREATHING GIF](#)

- Breathe in for 4 seconds
- Hold that breath for 4 seconds
- Breathe out (exhale) for 4 seconds
- Hold your lungs empty for 4 seconds

It only takes 1 minute to repeat the cycle 3 times. That is often enough to make a big difference - but carry on for as long as you need!