

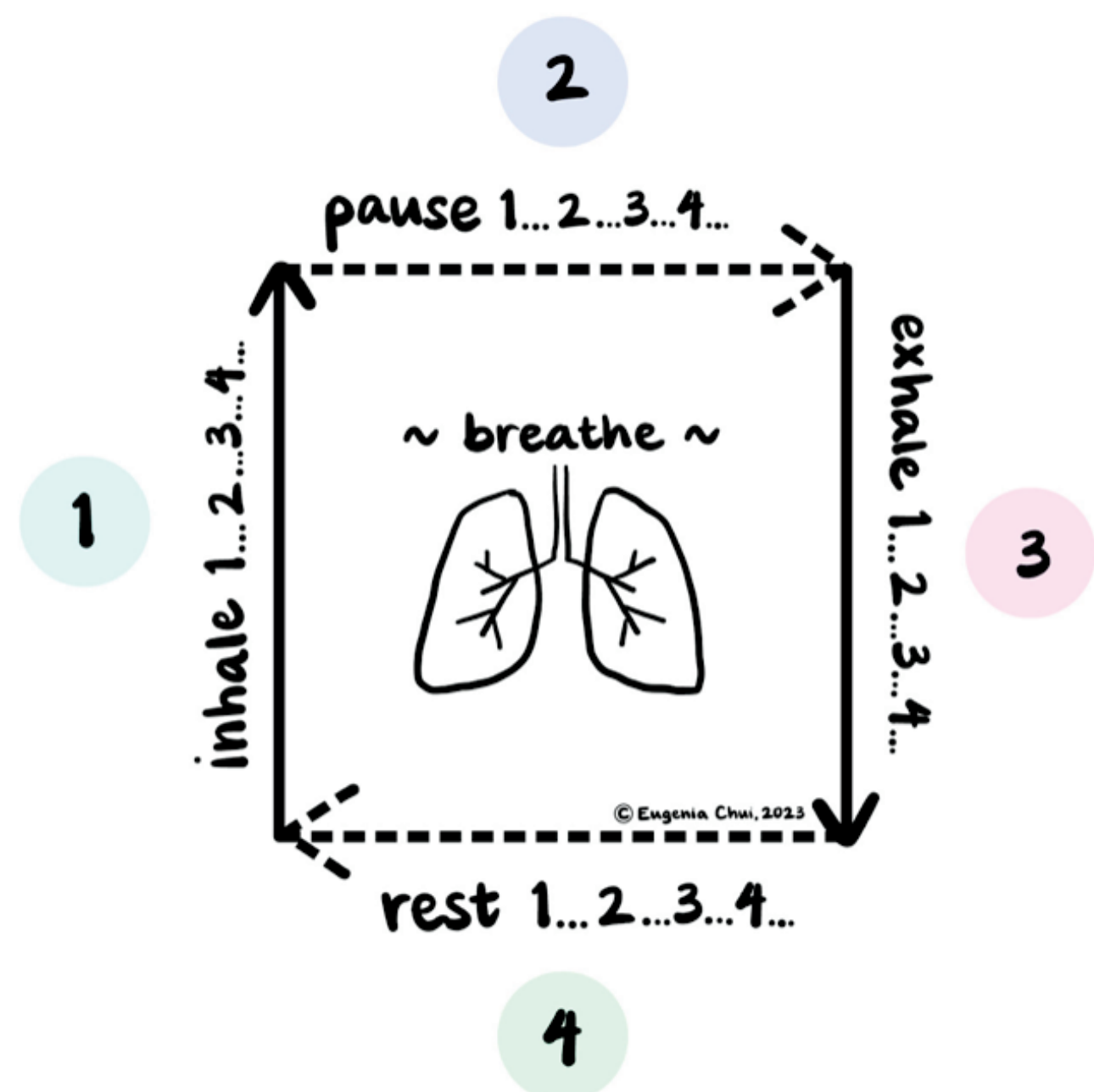
Box Breathing

Box breathing (or square breathing) involves breathing in and out with breath holds. Each part of this exercise lasts for the same amount of time. You can use this technique daily or when stress is high.

Box breathing activates our "rest and digest" nervous system (the parasympathetic system). This allows the mind to begin winding down and relaxing.

Box breathing is a technique you can use to help reduce your body's stress and anxiety. Visualize drawing an imaginary square as you follow the below instructions.

- 1 As you draw line one, breathe in for a count of 4 seconds.
- 2 Pause your breath for a count of 4 seconds as you draw the 2nd line.
- 3 Breathe out for a count of 4 seconds as you draw the 3rd line.
- 4 Pause for a count of 4 seconds as you draw your 4th line connecting the square together.



Be sure you are breathing deeply while using this technique. Let your lower ribs and belly expand as you breathe in.

Breathing only in your upper chest can increase your "fight/flight/freeze" response.