
How to Do BOX BREATHING

Box Breathing is one of the simplest and most effective breathing techniques to learn for anxiety and stress management.

STEP 1. BREATHE IN FOR 4

Box Breathing requires that your breath in slowly (through your nose or mouth) for a minimum of 4 seconds.

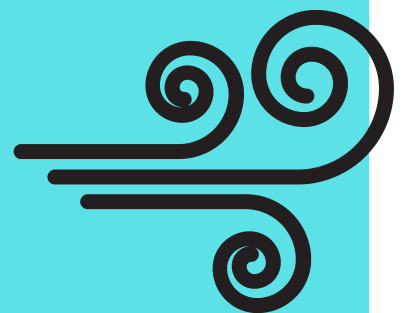


STEP 2. HOLD FOR 4

Next, hold your breath for a total of 4 seconds.

STEP 3. BREATHE OUT FOR 4

Breathe out slowly for a minimum of 4 seconds. If you still have air left in your lungs after 4 seconds, keep breathing out until all the air is out.



STEP 4. REPEAT 4X

Repeat this technique 4x, which should take you a minimum for 48 seconds for the entire exercise.

PRO TIPS:

- Be sure to engage in diaphragmatic breathing, or the exercise won't work.
- Use a clock to keep track of time & practice daily for 1 minute



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