

Box breathing technique

A simple technique to help promote relaxation, manage stress and reduce anxiety. Use it before bed and when necessary throughout the day.

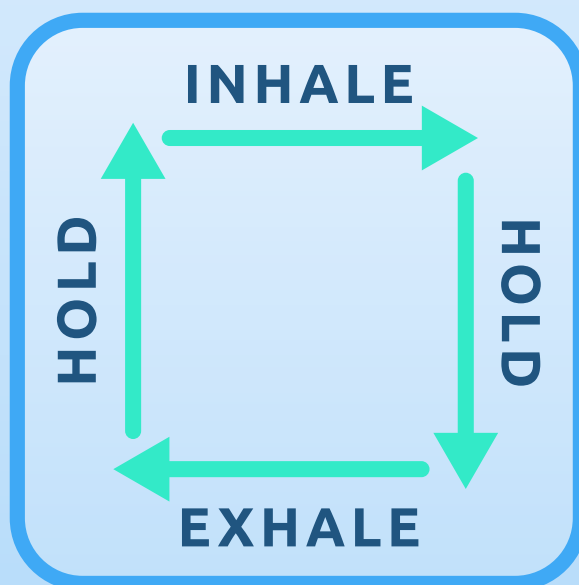


To do it best

1. Sit comfortably.
 2. Close your eyes.
 3. Focus on the breathing sensations of each step.
- Keep each step slow, steady and 4 seconds long (use a timer to help if needed).
Do it for 2 - 5 minutes.

Inhale through your nose, slowly filling your lungs by the end of the 4 seconds

Hold your breath gently with your lungs empty for 4 seconds



Hold your breath gently with your lungs full for 4 seconds

Exhale through your mouth to empty your lungs by the end of the 4 seconds