

# Box Breathing

Four equal counts to calm the nervous system in two minutes



## Steps

- 1 Sit with your back straight, feet on the floor — or lie down comfortably
- 2 Exhale fully to empty your lungs
- 3 **Inhale** through your nose for a count of 4
- 4 **Hold** the breath for a count of 4
- 5 **Exhale** through your mouth for a count of 4
- 6 **Hold** empty for a count of 4
- 7 Repeat the cycle 4 to 10 times

*Tip: if four seconds feels long, breathe more shallowly rather than tensing up.*

## Benefits

- Activates the **parasympathetic nervous system** — the body's natural brake
- Lowers **heart rate**, blood pressure, and cortisol
- Quiets the **looping thoughts** that fuel anxiety
- Improves **focus** and presence in the moment
- Available **anywhere, anytime** — no equipment needed

## When to use it

- **Before** a stressful event — presentation, exam, difficult conversation
- **During** a moment of stress, to regain composure
- **At bedtime**, as a calming ritual before sleep
- **As a daily routine** — five minutes a day is enough to build the reflex

## Personal notes