

Box Breathing

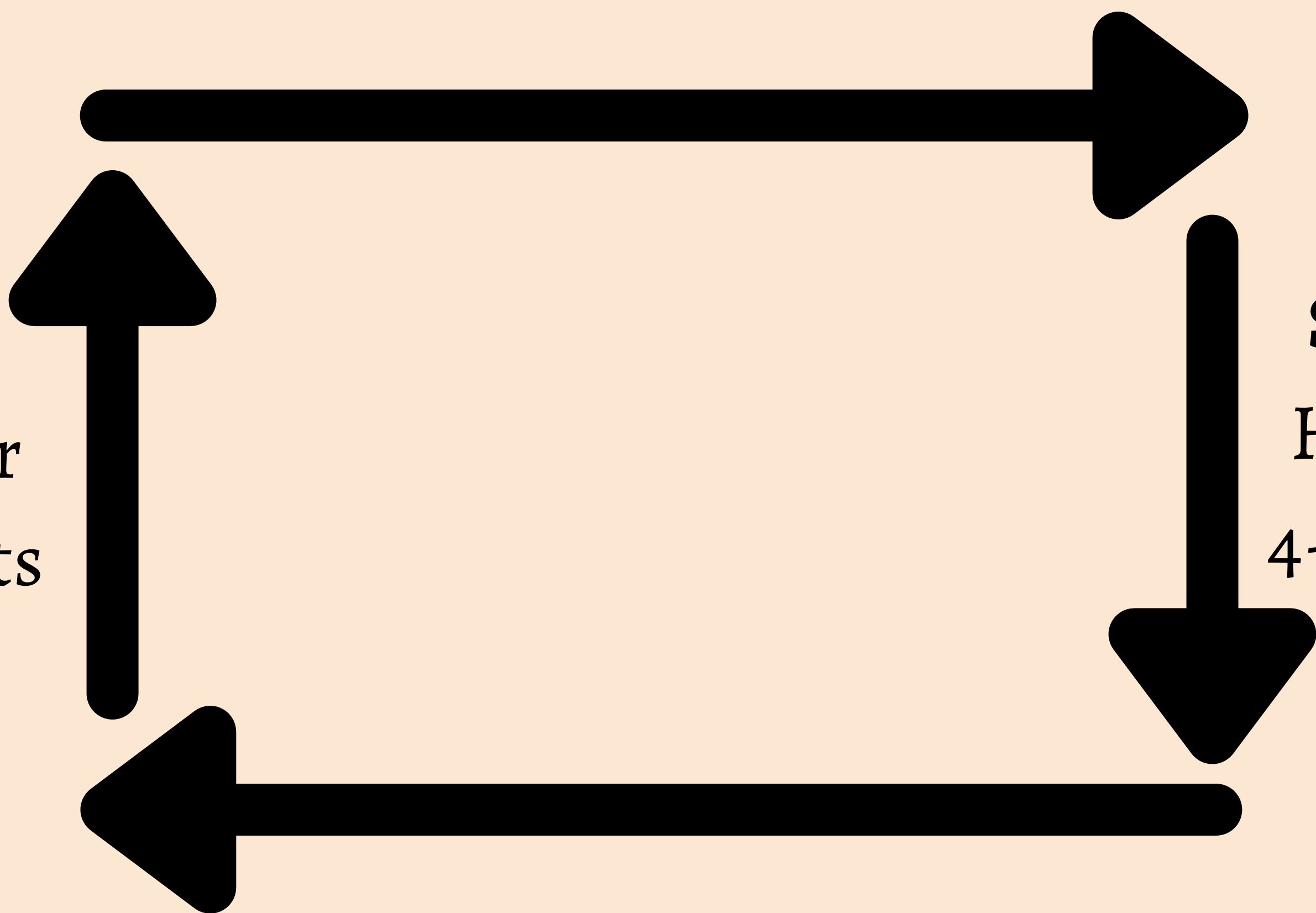


Box Breathing is a technique of controlling & focussing on breathing to reduce stress levels.

This technique is extremely effective in slowing heart rate, increasing oxygen intake to slow down rapid breathing, and slowing down racing thoughts.

How to Follow Box Breathing:

Step 1. Inhale through the nose for 4-5 counts



Step 2.

Hold for
4-5 counts

Step 3. Exhale through the mouth for 4-5 counts

Step 4.

Hold for
4-5 counts