



Box Breathing

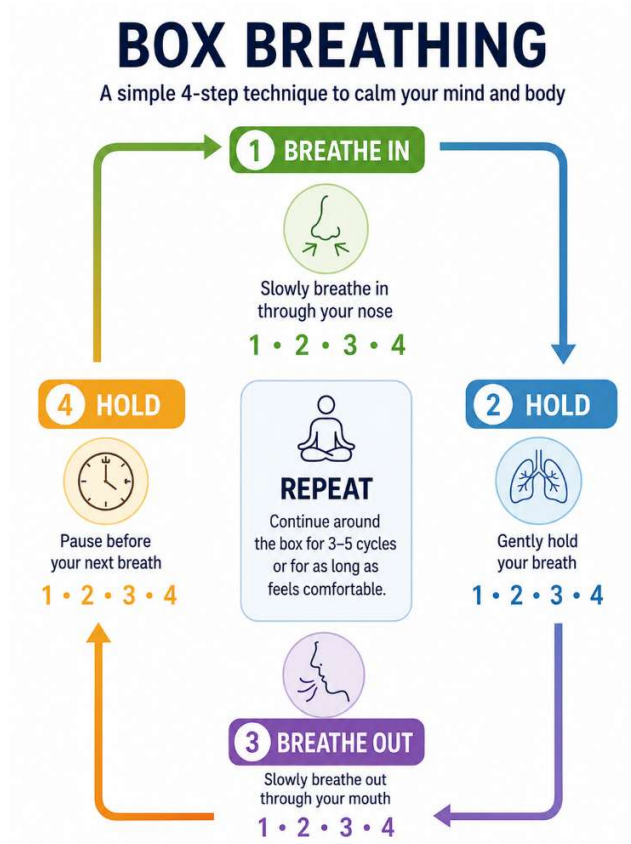
A simple technique to slow your breathing, calm your body and regain focus

Box breathing is a controlled breathing technique in which you breathe in, hold, breathe out and hold again for the same amount of time. The four equal stages form the four sides of a “box”.

It can be particularly useful when you feel **stressed, anxious, overwhelmed or tense**, or when you simply want to slow down and refocus. It helps by minimising the body’s response to an anxious situation – preparing your body to run away from a threat or get ready to fight it by increasing your heart and breathing rate.

How to do it

You can do this anywhere, but, if possible, sit comfortably, ideally with your feet on the floor. Relax your shoulders and allow your breathing to settle.





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Helpful tips

- Keep the breathing **gentle and comfortable** rather than taking very large breaths.
- Concentrate on the counting. This gives your mind something simple to focus on.
- If four seconds feels uncomfortable, try **3 seconds** instead.
- Practising when you are already calm can make the technique easier to use when you are stressed.
- Try it before a difficult conversation, stressful event, presentation or when your thoughts are racing.
- If you become light-headed or uncomfortable, return to your normal breathing.