

Box Breathing.

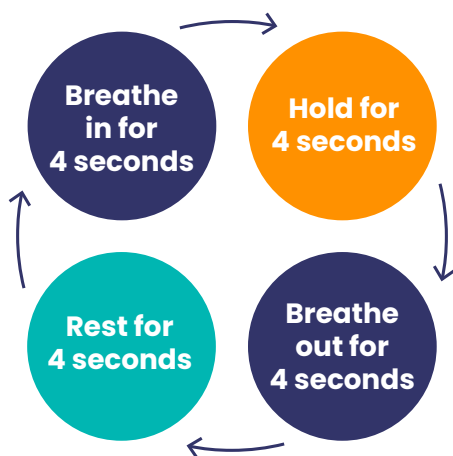
A simple, effective deep-breathing approach to help during times of stress.



Box breathing (it has other names, such as square breathing and 4x4 breathing) is a deep breathing technique that can help you to manage your physiological response to stress.

Breathing in this way can help lower the stress hormone cortisol, helping you to relax and improve your ability to manage the issue that is causing the stress, more calmly and rationally.

Developing your box breathing in times of calm can help you access it in times of anxiety, even potentially lessening your body's overall response to stress.



How to do it:

To start, imagine a simple, empty square or box (close your eyes if that's easier for you), then breathe out slowly, releasing most of the air from your lungs.

1. Focus on the top left hand corner of your box. Breathe in through your nose as you slowly count to four in your head. Be conscious of the air filling your expanding lungs.
2. Move to the top right hand corner and hold your breath for a count of four.
3. Move to the bottom right hand corner as you slowly exhale from your mouth for another count of four.
4. Move to the bottom left corner as you rest your breathing for a count of four.
5. Then move back up to the top left corner and repeat steps 1 to 4 several times.

At first, you may have a hard time keeping your breath steady for all those counts of four. But as with anything, you can get better with practice.

For more information, help or advice, please email support@act-5.co.uk