Box Breathing

Box breathing is a powerful, yet simple, relaxation technique that aims to return breathing to its normal rhythm. This breathing exercise may help to clear the mind, relax the body, and improve focus. The technique is also known as "resetting your breath" or four-square breathing. Count 1,2,3,4 while doing each side of the box.

Breath In
(Nose)
Hold 2-3-4

Start

Keep
lungs empty
Hold 2-3-4

Keep
lungs full
Hold 2-3-4

Breath Out
(Mouth)
Hold 2-3-4