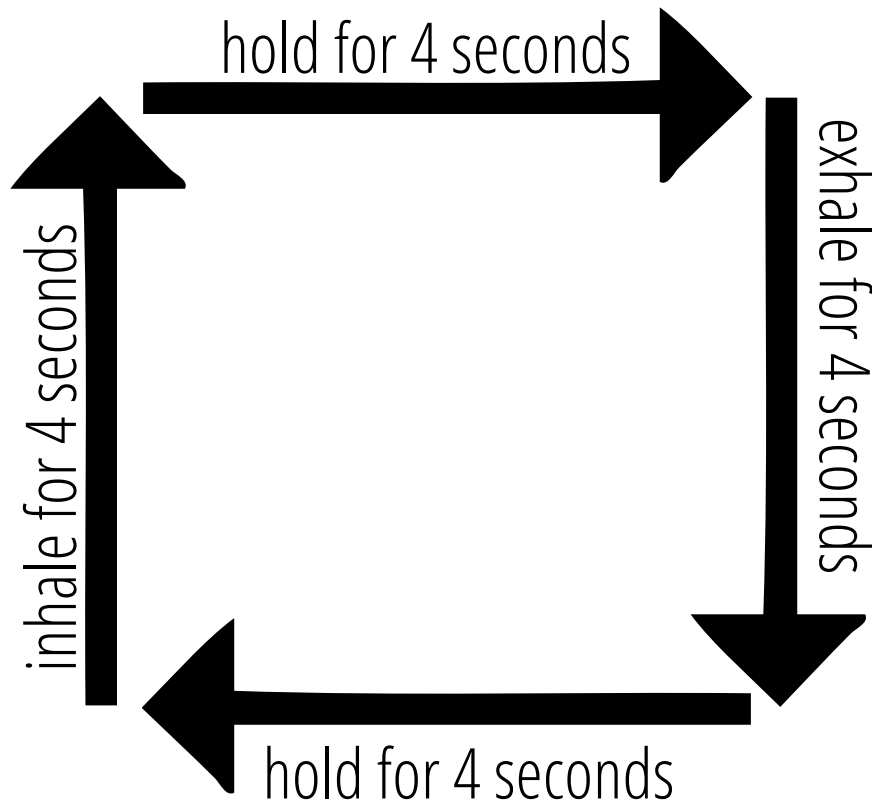


# BOX BREATHING



Box breathing, or square breathing, is a great way to reduce stress levels and calm the nervous system. Start by exhaling all of the air from your lungs. Then begin inhaling through your nose to the count of four. Hold your breath for 4 seconds and then exhale through your mouth. Hold again for another 4 seconds before repeating the process. Repeat for 4 rounds or for as long as you need. Use this breathing technique in times of high stress, anxiety or when you need a moment to center yourself.