

FOOD & MOOD

COACHING

BOX BREATHING

THE 'WHY' AND 'HOW'

WHY?

Box breathing is a simple technique that has been widely adopted as a mainstream practice to calm the mind and body and to help balance mental and emotional states. Navy seals are renowned for using this technique to stay calm and focused during tense situations.

HOW?

1. Gently close your mouth to inhale and exhale easily through the nose
2. For your first few rounds of breath, breathe at a pace that is natural and usual for you.
3. Then, inhale for 4 seconds (1-one-thousand, 2-one-thousand, etc.) pause at the top of the breath for 4 seconds, exhale for 4 seconds, pause at the bottom of the breath for 4 seconds
4. Continue breathing in this way for 1 minute, building over time to 3 minutes, 5 minutes and so on

Important notes:

- + This exercise can be performed anywhere, anytime
- + Take note of how you feel before engaging in this practice and afterwards. Simply observe

