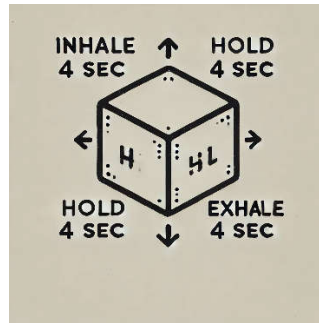




Box Breathing Guide



Box breathing is a simple yet powerful breathing technique used to calm the nervous system, reduce stress, and enhance focus. It is often practiced by Navy SEALs, athletes, and professionals to improve performance and manage anxiety.

How to Practice Box Breathing:

1. **Start by closing your eyes and envisioning a box with four sides.**
2. **Inhale** slowly through your nose for **four seconds**, filling your lungs completely.
3. **Hold** your breath for **four seconds**.
4. **Exhale** slowly and completely through your mouth for **four seconds**.
5. **Hold** your breath again for **four seconds** before starting the next cycle.

Repeat this cycle **four to six times**, or as needed, to achieve a state of relaxation and focus.

Benefits of Box Breathing:

- Reduces stress and anxiety
- Enhances concentration and clarity
- Helps regulate emotions
- Lowers blood pressure and improves overall well-being

When to Use Box Breathing:

- Before an important meeting or presentation
- During high-pressure situations
- When feeling overwhelmed or anxious
- As part of a daily mindfulness or relaxation routine

Practice box breathing regularly to harness its full benefits and improve your mental resilience.