Box Breathing

Slow, deep, intentional breathing can be a great way to calm an anxious mind and body. Pausing for a few minutes to practice this breathing technique can help us pay attention to our bodies and re-center our thoughts so that we can focus on what is most important to us.

**How To Do It:**

Sit or stand with your feet flat on the floor. Relax your shoulders. Let your hands hang down at your sides or rest in your lap. **Breathe out** through your mouth and slowly empty your lungs.

**Breathe In** slowly and deeply through your nose. As you count 1... 2... 3... 4 feel the air filling your lungs as you inhale.

**Hold that Breath** as you count 1... 2... 3... 4

**Breathe Out** and count 1... 2... 3... 4 as you exhale through your mouth. Feel the air leaving your lungs.

**Pause** as you count 1... 2... 3... 4

**Repeat** a few times until you feel more relaxed. If it helps, you can trace your finger along the square drawn here.

**Why it works:** When we're upset our thoughts race, our breathing speeds up, and our pulse quickens. Deep breathing can calm our autonomic nervous system (ANS) and relax our body and mind.