

# STEPS FOR BOX BREATHING

**Step 1:** Place your finger on start here and breathe in for 4 seconds. (Slowly inhale through your nose while counting to four in your head.)

**Step 2:** Hold your breath for 4 seconds. Gently hold your breath for a count of four.

**Step 3:** Breathe out for 4 seconds. Exhale slowly through your mouth while counting to four.

**Step 4:** Pause for 4 seconds. Hold your breath again for four seconds before starting the next breath.

Repeat this cycle 3-5 times or until you feel calm and focused.

# BOX BREATHING

Start Here!

Breathe in for 4 seconds

Hold your breath for 4 seconds

Hold your breath for 4 seconds

Breathe out for 4 seconds

# Breathing Free

**L Manion**



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