

Box Breathing

Or Square Breathing is a breathing technique that you can use to help calm your nerves

inhale 3 seconds **hold**

Take 2-5 minutes out of your day to try this technique if you're feeling stressed or anxious. Notice how this breathwork makes you feel once you've finished.

3 seconds

Take a couple of normal breaths, then begin the first round on your inhale. Try by starting with 3 full rounds, using 3 seconds as your "base." Then move to one round of 4 seconds, then one round of 5 seconds. Finish off with three rounds at the length you feel most comfortable. with.

3 seconds

hold 3 seconds **exhale**

Other Breathing Techniques to Reduce Stress

2:1 Breathing

Emphasize your exhale by elongating it. Try breathing in for a count of 2, and breathing out for a count of 4. You can work up to inhaling for a count of 4 and exhaling to a count of 8, but simply lengthening your exhale helps!

Tip: Exhaling through pursed lips can help you elongate the exhale easier.

Belly Breathing

Intentionally guide your breath into your belly on your inhale. Imagine a path from your nose down your throat, chest, and core. Use your diaphragm to begin exhaling, following the opposite path.