



BOX BREATHING

As a reminder, "breath work" is any type of therapy that utilizes breathing exercises to improve mental, physical and spiritual health. Dr. Andrew Weil, who is a world-renowned pioneer in the field of Integrative Medicine, calls it the simplest and most powerful mind/body technique in his arsenal and says, "If I had to limit my advice on healthier living to just one tip, it would be to learn to breathe correctly."

When you need a quick second to focus or calm down, try box breathing.

- Box breathing is a quick meditation that uses a simple four-second rotation of breathing in, holding your breath, breathing out, holding your breath, and repeating.
- Also known as the Navy SEAL breathing technique, or tactical breathing, it's a simple and effective way to help regain calm and control of your thoughts when under stress.

Here are the directions for box breathing: Inhale for 4 seconds

- 1. Hold your lungs full for 4 seconds**
- 2. Exhale for 4 seconds**
- 3. Hold your lungs empty for 4 seconds**

Repeat for as many times as you need to calm down.

Tip: Need a visual? Use this image in this link to help you keep time: [Quiet Kit Box Breathing](#).

For You. For Health. For Life.