

BREATH WORK

8 MINUTE ACTIVITY

MINDFULNESS ACTIVITY

Box breathing, also known as four-square breathing, is a simple technique that can be used to reduce stress and improve focus.

It involves breathing in a pattern of four equal parts, which can help regulate the autonomic nervous system, activating the parasympathetic (calming) response. Practicing box breathing for even just a few minutes daily can yield significant stress-relief benefits over time.

5 Step-by-Step Guide to Box Breathing

1. Find a Comfortable Position

- Sit upright in a chair or lie down in a comfortable, relaxed position. Place your hands on your lap or by your sides, and close your eyes if it feels comfortable.

2. Inhale Deeply for 4 Seconds

- Breathe in slowly and deeply through your nose for a count of four. Focus on filling your lungs completely, expanding your abdomen as you breathe in.

3. Hold Your Breath for 4 Seconds

- Hold the breath gently for a count of four after your inhale. Try to stay relaxed without tensing your body.

4. Exhale Slowly for 4 Seconds

- Slowly release your breath through your mouth to a count of four, letting all the air flow out smoothly. Focus on fully emptying your lungs.

5. Pause After Exhaling for 4 Seconds

- Hold your breath again for a count of four after exhaling. Relax and stay focused on the pause

Repeat the cycle (inhale-hold-exhale-hold) for eight minutes.*



*Disclaimer, seek medical if pregnant or uncertain, Success by Design Training accepts no liability.