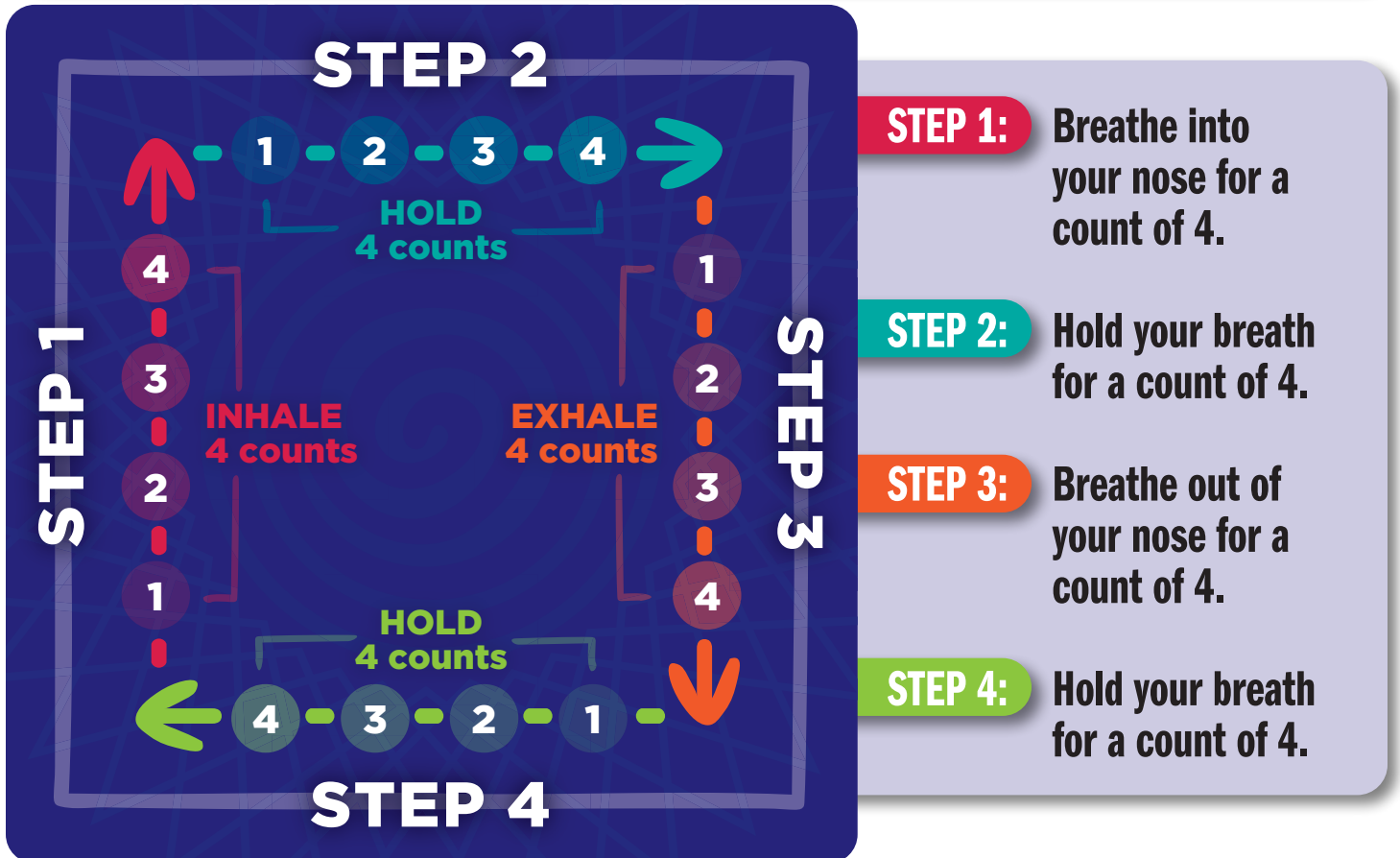# STRESS MANAGEMENT
BOX BREATHING EXERCISE

This breathing technique can be used as a stress management tool to help improve mental focus, promote calm, and relax the body.

SELF-CHECK-IN: HOW ARE MY BODY AND MIND IN THIS MOMENT?

STEP 2

1 — 2 — 3 — 4 →

HOLD 4 counts

STEP 1

4
3
2
1

INHALE 4 counts

STEP 3

1
2
3
4

EXHALE 4 counts

HOLD 4 counts

← 4 — 3 — 2 — 1

STEP 4

STEP 1: Breathe into your nose for a count of 4.

STEP 2: Hold your breath for a count of 4.

STEP 3: Breathe out of your nose for a count of 4.

STEP 4: Hold your breath for a count of 4.

SELF-CHECK-IN: HOW ARE MY BODY AND MIND NOW?

THIS IS ONE CYCLE OF BOX BREATHING. COMPLETE 3-4 CYCLES OR UNTIL YOU FEEL CALM AND CENTERED.

TIPS

- Practice a few minutes each day to create a new habit.
- Breathe fully into the belly and fully exhale.
- Use: start or end the day, before a meeting, at a stoplight, during a stressful moment, etc.

Reduce to a count of 2 or 3 if a count of 4 is too much, then build up to a count of 4.

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BUILD YOUR RESILIENCE TO STAY HEALTHY AND WHOLE

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