

# PROJECT: GET IT DONE TOGETHER

## Box Breathing

### What is box breathing?

- Box breathing, also known as square breathing, is a technique used when taking slow, deep breaths. It can heighten performance and concentration while also being a powerful stress reliever. It's also called four-square breathing.
- This technique can be beneficial to anyone, especially those who want to meditate or reduce stress. It's used by everyone from athletes to U.S. Navy SEALs, police officers, and nurses!

### Getting started with box breathing

- Before you get started, make sure that you're seated upright in a comfortable chair with your feet flat on the floor. Try to be in a stress-free, quiet environment where you can focus on your breathing.
- Keeping your hands relaxed in your lap with your palms facing up, focus on your posture. You should be sitting up straight. This will help you take deep breaths.
- When you're ready, start with step 1.

### Step 1: Slowly exhale

- Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs. Focus on this intention and be conscious of what you're doing.

### Step 2: Slowly inhale

- Inhale slowly and deeply through your nose to the count of four. In this step, count to four very slowly in your head.
- Feel the air fill your lungs, one section at a time, until your lungs are completely full and the air moves into your abdomen.

### Step 3: Hold your breath

Hold your breath for another slow count of four.

### Step 4: Exhale again

- Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen.
- Be conscious of the feeling of the air leaving your lungs.

### Step 5: Hold your breath again

- Hold your breath for the same slow count of four before repeating this process.

### Tips for beginners

- If you're new to box breathing, it may be difficult to get the hang of it. To help you focus on your breathing, find a quiet, dimly lit environment to practice box breathing. This isn't at all necessary to perform the technique, but it can help you focus on the practice if you're new to it.
- Ideally, you'll want to repeat the box breathing cycle four times in one sitting.
- Try box breathing several times a day as needed to calm your nerves and relieve stress.