



Box Breathing Activity

Pausing to take a few deep breaths is a great way to start to relax. Deep breathing slows down the heart rate and lowers blood pressure. Your mind also gets a break from worries and work when you focus on your breathing.

“Box” breathing uses the count of 4 to guide your breathing.

1. Find a comfortable place to sit or lie down. Close your eyes if you wish.
2. Take a deep breath in through your nose for a count of 4. 1,2,3,4. Breathe deep into your lower lungs.
3. Hold your breath for a count of 4.
4. Exhale through your mouth for a count of 4.
5. Pause for a count of 4.
6. Repeat a few cycles of this breathing pattern for 4 minutes.

As you continue to breathe deeply, you can choose to silently say a mantra. “Breathing in peace and calm” on the inhale and “breathing out worry and tension” on the exhale.

1- 2- 3- 4

When to practice deep breathing.

Schedule a few minutes each day to practice “box” breathing.

Make daily reminders to take a few deep breaths.

Combine with a walk, stretching, when changing from one activity to another, before the next phone call, getting out of your car/into the office, or at the end of a meeting.

Derived from *Stress Less and Thrive*, Florida Blue