

## TAKING CARE OF YOURSELF

# Box Breathing

You can do this technique anywhere, either standing, sitting, or lying down. Choose the way you feel most comfortable.

Close your eyes or relax your gaze. Stay relaxed and be sure you are not tensing your body or clamping your mouth shut as you move through this activity.

Breathe in through your nose and count slowly 1...2...3...4.

Hold your breath and count slowly 1...2...3...4.

Slowly exhale as you count 1...2...3...4.

Pause before you inhale counting 1...2...3...4.

Repeat this activity 3-5 times, or as many times as you need. Think for a moment about how you felt before and how you feel after box breathing.

Remember, it can take time for our brains to return to a calm state.

