Box Breathing

• Do a body scan and take notice of areas of tension
• Inhale your breath - 4 seconds
• Hold your breath - 4 seconds
• Exhale your breath - 4 seconds
• Repeat 2 to 3 times

Breath Hold

Inhale

Cadence 1:1:1:1

Exhale

Exhale Hold

Use when feeling overwhelmed, stressed or anxious - this practical tool can help you feel calmer, less stressed and more focused.