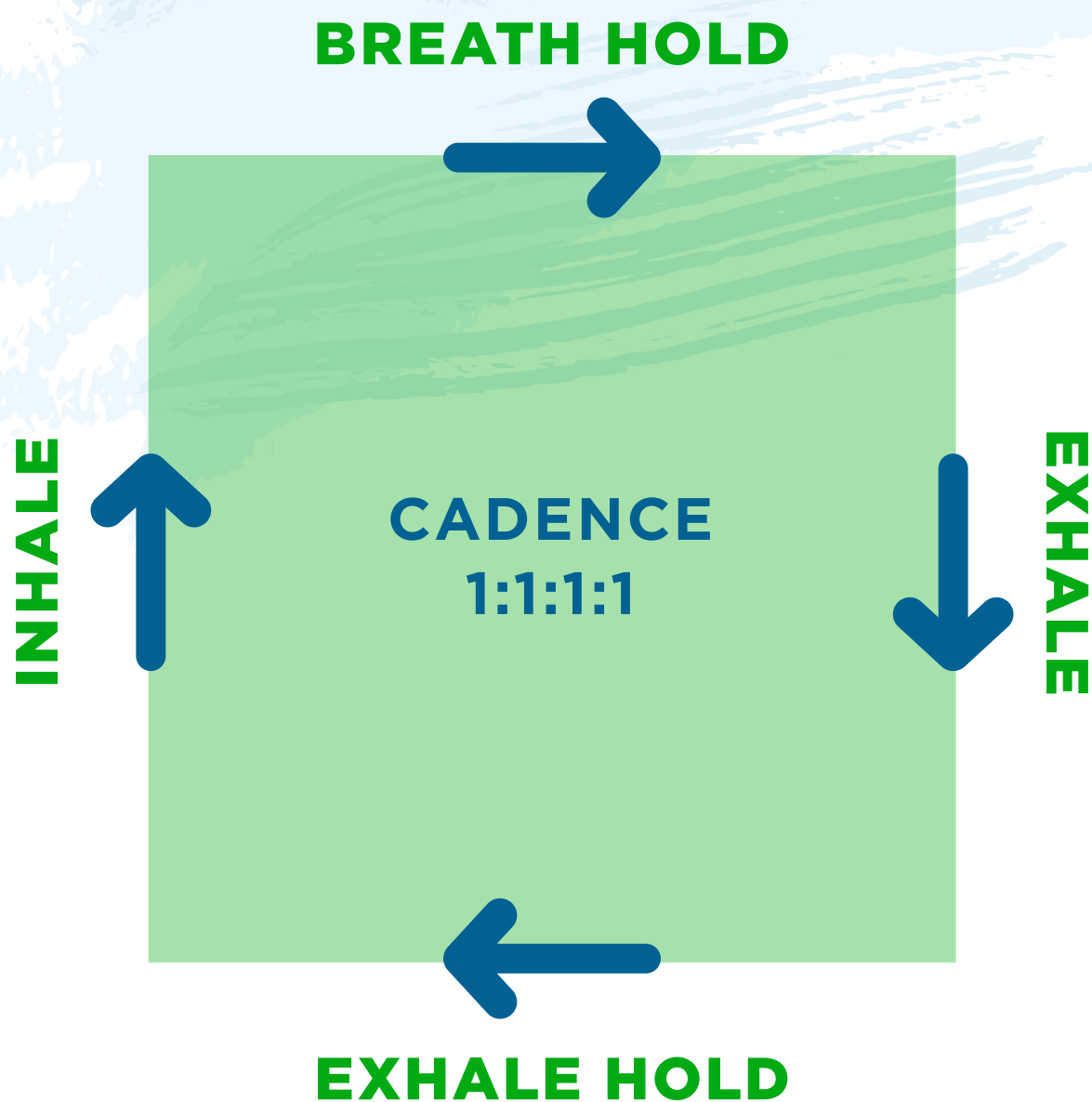# Box Breathing

- 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.

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