

Box Breathing Technique

What is Box Breathing?

The **box breathing technique**, also known as **square breathing** or four-square breathing involves taking slow, deep breaths in the shape of a square or box. Box breathing consists of **equal duration of inhalations, breath retentions, and exhalations**.

According to a [study on respiration practices](#), was effective at improving your mood and lowered your respiration rate. Doing 5 minutes of breathwork was proven to improve mood and reduce anxiety.

Before you start, sit on a chair with your back supported and both of your feet on the floor.

Next, follow these steps:

- **Step 1: Breathe in for 4 seconds**
- **Step 2: Hold for 4 seconds**
- **Step 3: Breathe out for 4 seconds**
- **Step 4: Hold for 4 seconds**

You can also use the diagram in the next page and follow the square.

Tips on Box Breathing Technique

- Find a quiet environment where you sit down without distractions.
- Maintain a good posture, with a straight spine.
- If you feel uncomfortable sitting down, try lying down in your bed.
- If you feel like counting is difficult, try using a timer, or a video that you can follow along that does the counting for you.

Box Breathing Technique

