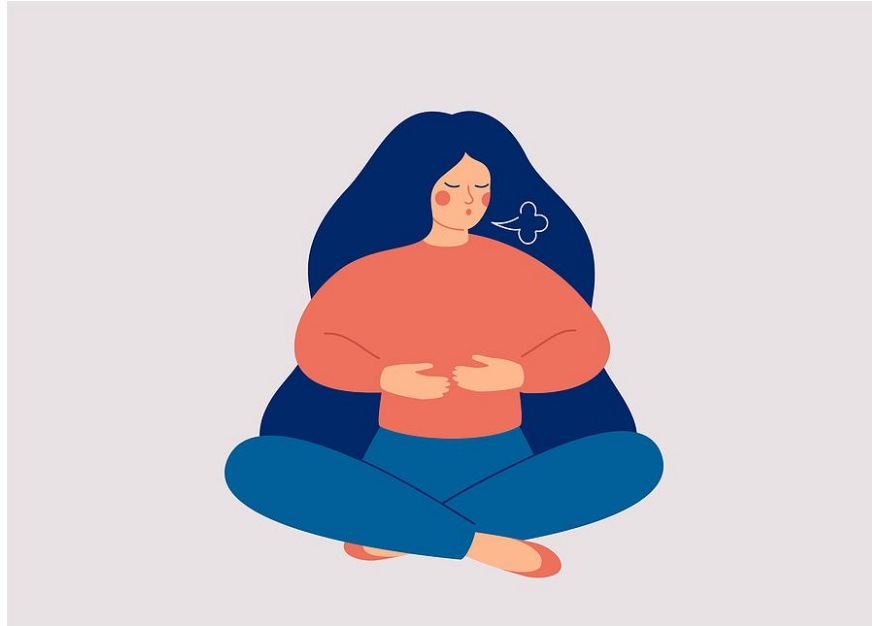# Box Breathing Can Help You Destress

Box Breathing is a simple but powerful relaxation technique that can help return your breathing pattern to a relaxed rhythm. It can help you relax, refocus, and recharge your mind and body.

Getting started. Sit in a chair, stand, or lie down on your back with one hand on your chest and one hand on your stomach. When you sit in a chair, be sure that your back is supported, and your feet are firmly on the floor.

How to do box breathing. It's easy and quick to learn.

Step 1. Breathe in counting to four slowly. Feel the air enter your lungs. If you notice that your chest is rising but your stomach is not, you are shallow breathing. If your stomach is rising, you are deep breathing, activating full relaxation in your body.

Step 2. Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Step 3. Slowly exhale through your mouth for 4 seconds.

Step 4. Repeat steps 1 to 3 until you feel re-centered.

Repeat this exercise as many times as you can. 30 seconds of deep breathing will help you feel more relaxed and in control.

Concern
Real help, real experts, real fast.