

## level2

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# HOW TO: BOX BREATHING EXERCISE

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**Box Breathing, also known as Square Breathing, is a technique used to help slow your breathing and relax.** This simple yet effective exercise works by distracting your mind, calming your nervous system and reducing stress felt by the body.

**By transforming your breathing into a relaxed rhythm, box breathing can help you to clear your mind, improve focus and overall, feel more at peace.**

Ready to try box breathing? Find a comfortable and quiet space, if possible. Keep in mind that box breathing can be done anywhere at any time in stressful moments. Next, follow these easy four steps:



Repeat this exercise as many times as you can. Even participating in this exercise for just 30 seconds will help you feel more relaxed and in control.