

Box Breathing (4-4-4-4) – Simple but really effective!

What is Box Breathing?

This exercise helps to heighten performance and concentration was also being a powerful stress reliever. Perfect preparation for important moments like tests, presentations, tough conversations and even first dates!

How to do it!

Inhale slowly through the nose for 4 seconds, placing your attention on the expansion of your chest and the sound of your breath.

Pause at the top of your inhale for 4 seconds. Pauses are often describe as holding your breath, but instead think of it as resting your breath. Holding often causes us to tense up, and we want to try to relax before the exhale.

Slowly exhale and let go of all of the air in your lungs for 4 seconds, keeping your jaw relaxed.

Pause again for 4 seconds and rest before your next inhale. Repeat the cycle for at least 2 minutes.

The science

Rhythmic deep breathing calms and regulates the autonomic nervous system. The slow holding of breath allows CO₂ to build up in the blood which stimulates your parasympathetic nervous system, helping you to become more attentive and relaxed.



[Here's a quick guided video link](#)