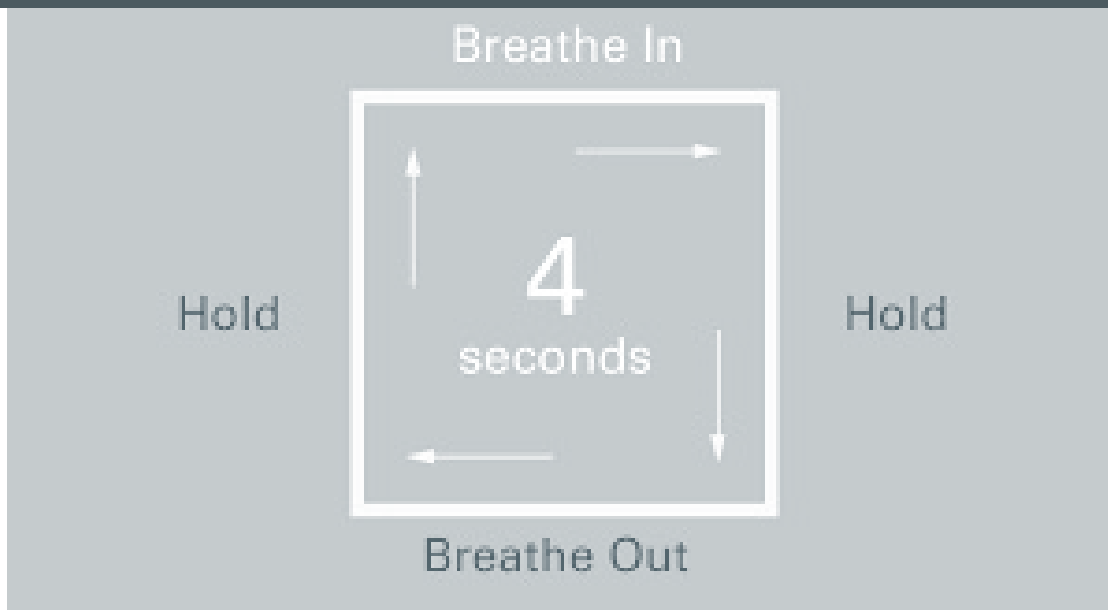


# Box Breathing

An Introduction To Meditation



## Mark Divine – Former US Navy SEALs Commander

"I was able to remain calm and focus clearly to avoid reactionary thinking, or worse, panic,"

Box breathing is helpful during extreme stress, where you practice the following process: inhale for a count of 4, hold your breath for a count of 4, exhale for a count of 4, wait at the very end of the exhale for a count of 4, and repeat. This is a very deep breathing exercise that has been shown to calm and regulate the autonomic nervous system.

One of the most overlooked — yet most effective — stress management tools is something we involuntarily carry with us throughout every second of the day: our breath.

There are good reasons why we often hear people say, “Keep breathing” and “Take a breather”

### Get Quiet

Find a quiet place with no distractions. To help build the routine, practice at the same time everyday, or pair it with another habit: before brushing your teeth or having a coffee.

Step 1

### Get Comfy

Find a comfortable place to sit, whether that’s a chair, couch, or floor. Keep in mind a good posture, have a straight spine and avoid slouching.

Step 2

### Breathe

Close your eyes, take slow, deep breathes, and try to relax. Keep your mind focused on the rhythm of your breathing.

Step 3