

INHALE

Box Breathing Technique



ONE ADJUSTMENT

Inhale, Hold, Exhale, Hold
for equal amounts of time
Try 2, 3, 4 or 5 seconds

Calms Anxiety

Improves Sleep

Clears the Lungs

Reduces Pain

Stimulates Brain Growth

Lowers Stress Levels and Blood Pressure

HOLD

HOLD

EXHALE