



Box breathing is a powerful, yet simple, relaxation technique that aims to return breathing to its normal rhythm. This breathing exercise helps to clear the mind, relax the body, and improve focus. All of which enhance situational awareness and improve safety at work, home and play.

# BOX BREATHING

## Master Stress - Increase Situational Awareness

Box breathing is a simple technique that you can do anywhere or anytime. Before starting, sit or stand in neutral spine with feet hip width apart.

1. Close your eyes.
2. Breathe in through your nose while counting to four slowly. Feel the air enter your lungs.
3. Hold your breath while counting slowly to four. Try not to clamp your mouth or nose shut. Simply avoid inhaling or exhaling for 4 seconds.
4. Begin to slowly exhale for 4 seconds.
5. Repeat steps 1 to 3 at least three times. Ideally, repeat the three steps for 4 minutes, or until calm returns.

If you find the technique challenging to begin with, you can try counting to three instead of four. Once you are used to the technique, you may choose to count to five or six.

People with high-stress jobs, such as soldiers and police officers, often use box breathing when their bodies are in fight-or-flight mode.

This technique is also relevant for anyone interested in re-centering themselves or improving their concentration.

### To Learn More:

#### Watch a Video:

<https://sealfit.com/box-breathing/>

#### Ask your Rock Solid@Work

**Exercise Leader** for this and other breathing exercises to help manage stress and improve situational awareness.

#### Visit [www.rocksolidatwork.com](http://www.rocksolidatwork.com)

to see other resources for managing stress.