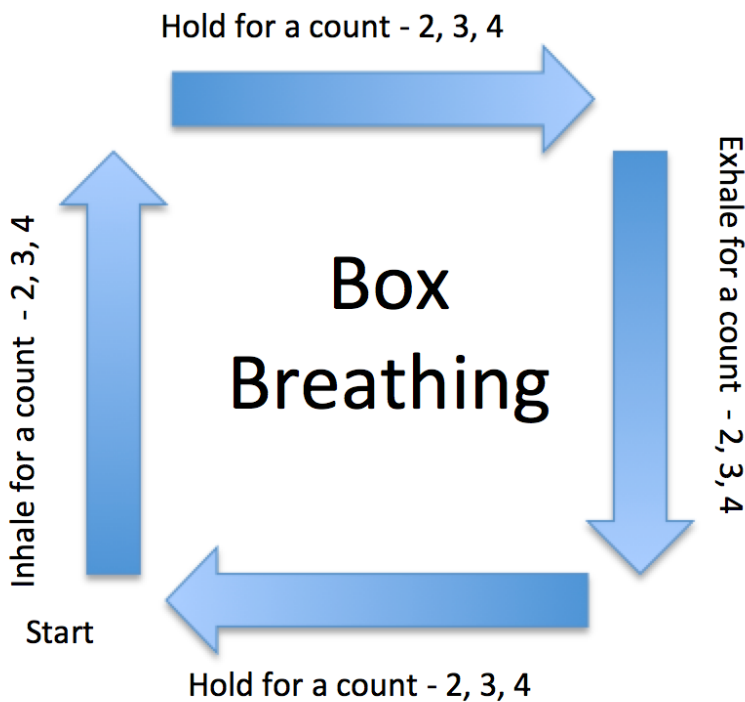


BOX BREATHING



BENEFITS

Box breathing can reduce stress and improve your overall mood. That makes it a perfect non-chemical treatment for conditions like generalized anxiety disorder, panic disorder, post-traumatic stress disorder, and depression.

It can also help treat insomnia by allowing you to calm your nervous system at night before bed.

Box breathing can also be efficient at helping with pain management.

WHAT IS IT?

Box Breathing is a breathing technique used to control the breath to reduce stress. Controlling the breath or Pranayama, as the practice is called in yoga, has been used for centuries to help energise, cleanse or relax the body.

Box breathing is the modern name for one type of pranayama used specifically to make you feel calmer. The technique is used by Navy SEALs to help personnel stay calm during tense missions.

Box breathing can help you to reduce the crippling symptoms of anxiety in minutes. Here's how it's done.

HOW TO DO IT

First, imagine a square box.

1 - Starting at the bottom corner of the box breath in for a count. In the military they use a count of four, but to begin with try a count of 2 or 3, especially if you're stressed as your breathing can be a bit faster than normal. So breath in for a count of 2 or 3 as you mind travels up one side of the box.

2 - Then gently hold the breath in for the same count. This should be an inaction rather than an action. If this is hard try reducing the count until your breathing calms down a bit. While holding the breath in for a count imagine this is the top of the box.

3 - Then exhale for the same count as your mind travels down the other side of the box.

4 - Then again, gently hold without breathing in for the same count, this is the bottom of the box and you're back to the starting point.

Repeat this process and you'll find that your body will feel less anxious within a few minutes. If you get out of pattern, just keep going back to it, even if you have to reduce the count down to just a count of one. As you calm down, your breathing will slow and you'll be able to increase the count.

This technique really works and with practice you can use box breathing to get through those activities that trigger anxiety, hopefully lessening the trigger itself over time.