



## Box Breathing Worksheet

Box breathing is a simple concentration/meditation exercise. Initially practice in a quiet safe setting where you won't be distracted. Over time, with practice, you will be able to start using the technique more and more in your daily life; for training, competition, pain management, relaxation etc.

### WHAT DOES BOX BREATHING ACHIEVE?

Think of box breathing as achieving balance, rather than relaxation. You are looking to achieve a balance between the two parts of your autonomic nervous system; the sympathetic (fight or flight) and the parasympathetic (rest and digest). When the two are balanced people often describe a state of coherence, or calm focus. Your body is in a position to adapt and respond appropriately. Most of the time we are stuck in the sympathetic system, overly alert, agitated, anxious, stressed, with poor digestion, sleep and reduced higher level brain functions causing symptoms like brain fog or misplacing words. Box breathing is just one tool you can use to try and regain balance between these two.

### INSTRUCTIONS FOR BOX BREATHING

1. Close your mouth and breathe in through your nose for a count of five.
2. Calmly hold your breath for a count of five.
3. Gently exhale through your mouth for a count of five.
4. Calmly hold the exhale for a count of five.