

# Box Breathing

This simple exercise is useful in stressful situations when you want to re-center yourself or improve concentration.

Sit in a chair, stand, or lie down on your back with one hand on your chest and one hand on your stomach. When you sit on a chair, ensure that your back is supported and your feet are firmly on the floor.

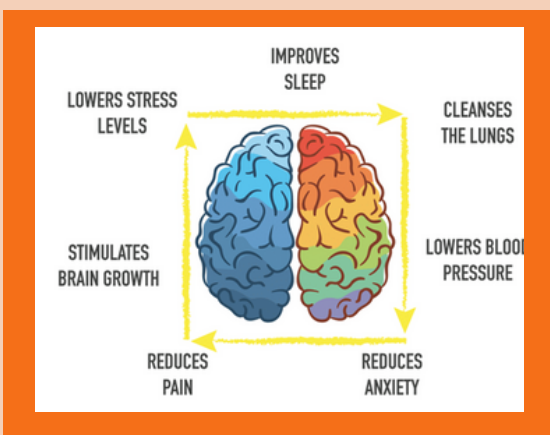
Focus on the intention of completely inhaling and completely exhaling, remaining conscious of what you're doing.

**Step 1:** Breathe in counting to 4 slowly. Feel the air enter your lungs.  
·Observe the rise and fall of your chest and stomach; take deep breaths, allowing your stomach to rise.

**Step 2:** Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

**Step 3:** Slowly exhale through your mouth for 4 seconds. |  
·If you are lying down or seated on a chair, you will feel your back pressed against the surface when you take a deep breath.

**Step 4:** Repeat steps 1 to 3 until you feel re-centered and calm.



Repeat this exercise as many times as you can; 30 seconds of deep breathing will help you feel more relaxed and in control. Practice this regularly to encourage deep breathing on a daily basis as it can heighten performance and concentration while also being a powerful stress reliever. **Dr. Noëlla Piquette**