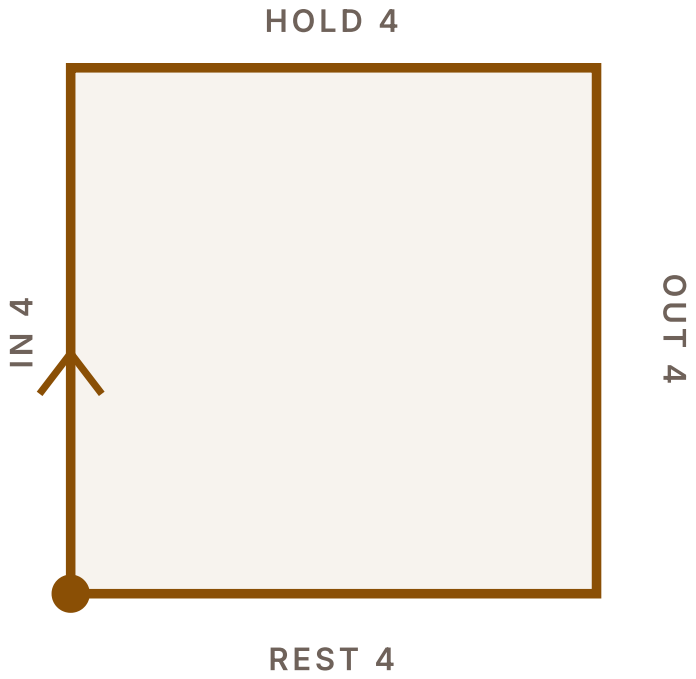
Box breathing

square breathing, 4-4-4-4



1. **Breathe in** through your nose for 4 seconds, up the left side.
2. **Hold** for 4 across the top. Jaw and shoulders soft: a pause, not a clench.
3. **Breathe out** slowly for 4, down the right side.
4. **Rest** for 4 along the bottom, then begin again.
5. **Repeat for 8 rounds,** about 2 minutes. If 4 feels long, use 3 a side.

Start at the dot and let your eyes walk the square.

One round 16 seconds · 3.75 breaths a minute · 8 rounds, about 2 minutes

breathform.app/breathing/box-breathing