

Breathing Techniques

Breathing exercises are highly effective tools for reducing stress, managing anxiety, and increasing focus by regulating your nervous system.

You can practice these techniques anywhere without any special equipment.

Box Breathing

Inhale: Breathe in slowly through your nose for a count of 4.

Hold: Hold your breath entirely for a count of 4.

Exhale: Release all the air slowly through your mouth for a count of 4.

Hold: Pause and hold your empty lungs for a count of 4.

Repeat: Complete this cycle 4 to 5 times.



4-7-8 Breathing

Inhale: Close your mouth and breathe in quietly through your nose for 4 seconds.

Hold: Keep your breath held for a count of 7 seconds.

Exhale: Blow all the air out of your mouth with a "whoosh" sound for a count of 8 seconds.

Repeat: Perform up to 4 full cycles initially.



Belly Breathing

- **Position:** Sit upright or lie down comfortably with one hand on your chest and one on your belly.
- **Inhale:** Take a slow breath through your nose, expanding your stomach so only the bottom hand rises.
- **Exhale:** Tighten your stomach muscles and let the air out through your mouth while keeping your chest completely still.