

Box breathing, or square breathing, is a slow breathing technique used most often to relax the mind and body. While box breathing can be done anywhere, practicing the technique in a quiet, dimly lit environment can help you focus on your breathing.

Box Breathing Benefits

1. Reduces stress and anxiety
2. Supports lung function
3. Improves mood
4. Improves sleep
5. Aids in meditation

Call or text 988 if you or someone you know is in distress or considering suicide. You can also speak with 988 Suicide & Crisis Lifeline at **988Lifeline.org**

If it's a medical emergency, **CALL 911.**

RWJBarnabas HEALTH | Institute for Prevention and Recovery

How to Practice Box Breathing

1. Exhale slowly until your lungs are empty.
2. Inhale slowly through your nose for four counts.
3. Hold your breath for four counts.
4. Exhale slowly through your mouth for four counts.
5. Hold your breath for four counts.
6. Repeat steps 2-5 three more times.

