

Calm Your Mind with Box Breathing

Instructions:

- ~Sit in a comfortable position with your back straight.
- ~Close your eyes or softly gaze downward.
- ~Follow the steps below to focus on your breath and bring clarity to your mind.

Step 1: INHALE

- Breathe in slowly and deeply through your nose for 4 seconds.
- Picture yourself filling up a box with your breath.

Step 2: HOLD

- Hold your breath gently for 4 seconds.
- Imagine the box being completely filled with air.

Step 3: EXHALE

- Slowly exhale through your mouth for 4 seconds.
- Picture the box being emptied.

Step 4: HOLD (Again)

- Hold your breath gently again for 4 seconds.
- Visualize the box resting quietly.

Step 5: REPEAT

- Continue the cycle for 5 rounds, focusing on your breath and the box.
- After 5 rounds, pause and notice how you feel.

Bonus Tips

- ~Extend the Exercise: Try for 5-10 minutes, gradually increasing your time if you feel comfortable.
- ~Focus on the Present Moment: During each phase, remind yourself to stay present with your breath.