



pathways
by engage

BOX BREATHING

Box breathing (also called square breathing) activates your parasympathetic nervous system to reduce stress and anxiety.



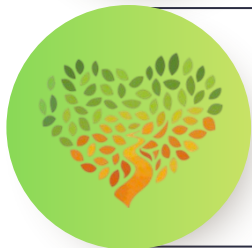
SIT UPRIGHT IN A
COMFORTABLE POSITION
INHALE SLOWLY THROUGH
YOUR NOSE FOR 4 COUNTS



HOLD YOUR BREATH FOR
4 COUNTS



EXHALE SLOWLY
THROUGH YOUR MOUTH
FOR 4 COUNTS



HOLD AGAIN FOR
4 COUNTS
REPEAT 4–6 TIMES

When to use Box Breathing

Before a difficult conversation, during a panic attack, or any time you feel overwhelmed. With practice, just a few cycles can shift your state noticeably.

**If you need additional support,
give us a call at 805-601-6700**