

# BOX BREATHING

a calming technique

IF IT'S SAFE TO DO SO, AND YOU FEEL COMFORTABLE DOING SO, YOU CAN CLOSE YOUR EYES.

CONTINUE TO DO THIS FOR AT LEAST THREE ROUNDS AND UP TO FOUR OR FIVE MINUTES IF YOU HAVE TIME

PAUSE FOR THE COUNT OF FOUR.

1

6

5



2

3

4

BREATHE IN SLOWLY THROUGH YOUR NOSE FOR THE COUNT OF FOUR.

THEN HOLD THIS BREATH FOR THE COUNT OF FOUR.

NEXT, BREATHE OUT SLOWLY THROUGH YOUR MOUTH FOR THE COUNT OF FOUR.

# Therapeutic Breathing Exercise

**M Lipman**



## **Therapeutic Breathing Exercise:**

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