

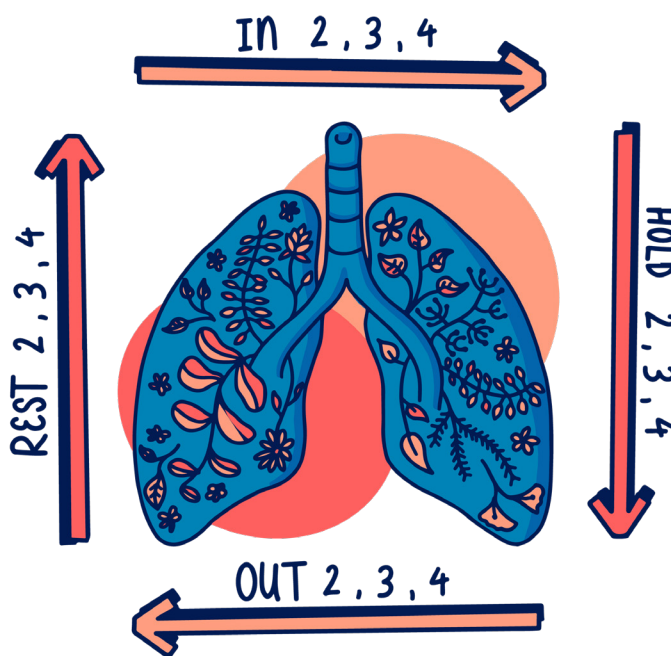
# Box Breathing for Self Regulation

## 988 WELLNESS TIPS

Taking a few deep breaths is one of the most effective ways to manage stress. Box Breathing is a breathing technique that can help activate the parasympathetic nervous system, which plays an important role in calming our bodies. Try the steps below:

- Take a deep **breath in** to the count of four
- **Hold** for a count of four
- **Exhale out** to the count of four
- **Hold** for a count of four before you take the next breath in
- **Repeat** for two or more additional deep breaths or until you feel more relaxed

The more you practice Box Breathing, the more effective this relaxation technique can be. It is a great strategy that can be used anywhere, anytime during your work day or personal time.



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For more information about Box Breathing, visit:  
<https://health.clevelandclinic.org/box-breathing-benefits/>