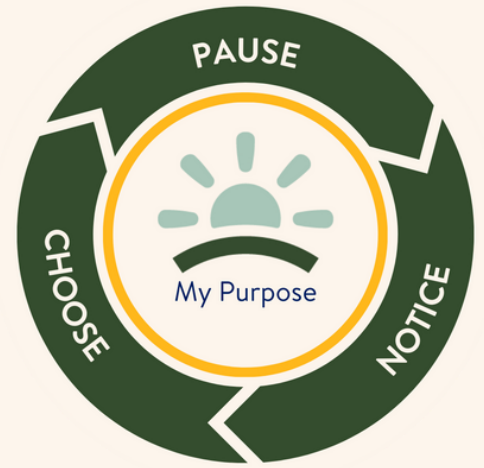


Pause. Notice. Choose.

Mindful Moment: Box Breathing



Box breathing is a simple but powerful relaxation technique that can help return your breathing pattern to a relaxed rhythm. It can clear and calm your mind, improving your focus.

When doing box breathing, it's good to:

- Sit in a chair, stand, or lie down on your back with one hand on your chest and one hand on your stomach. When you sit on a chair, ensure that your back is supported and your feet are firmly on the floor.
- Breathe as you would normally for a minute.
- Observe the rise and fall of your chest and stomach.
- If you notice that your chest is rising but your stomach is not, you are shallow breathing. If your stomach is rising, you are deep breathing, activating full relaxation in your body.
- Be aware of your breath to ensure that you are taking deep breaths, allowing your stomach to rise.
- If you are lying down or seated on a chair, you will feel your back pressed against the surface when you take a deep breath.
- If this is your first time practicing box breathing, push your stomach out while focusing on smooth, deep breaths.

Practice this regularly to encourage deep breathing on a daily basis.

Four Steps to Master Box Breathing

- Step 1: Breathe in, counting to four slowly. Feel the air enter your lungs.
- Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.
- Step 3: Slowly exhale through your mouth for 4 seconds.
- Step 4: Repeat steps 1 to 3 until you feel re-centered.

Repeat this exercise as many times as you can. Thirty seconds of deep breathing will help you feel more relaxed and in control.

End of Mindful Moment.

Facilitator Asks a Few Questions for the Group

I would like to hear from a few of you:

What did you notice during that experience?

What did you like about it?

What did you find challenging?

Walton Family
Whole Health & Fitness