



## Box Breathing

Take a Moment!

**Goal:** Take a slow, deep calming breath in through your nose, hold for 4 seconds; count to 4 while exhaling through your mouth; then pause for 4 seconds and repeat.

**[Tip]:** Draw a square on a piece of paper, or make a square on the floor using tape. Trace with your finger or walk along each side of the square, using the technique to calm themselves.

**Why is this important?** Breathing techniques can be a powerful strategy for promoting calm and focus.

**References:** Zaccaro, A., Piarulli, A., Laurino, M., Garbella, E., Menicucci, D., Neri, B., & Gemignani, A. (2018). How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing. *Frontiers in human neuroscience*, 12, 353. <https://doi.org/10.3389/fnhum.2018.00353>