

Self-Help Guide

Box Breathing

Box breathing is a useful relaxation tool which can help to calm and comfort us when we are feeling anxious or stressed.

Some people find having something to focus on can help them concentrate on how to breathe more effectively.

If possible, draw a rectangle on a piece of paper. If this isn't available, you can trace the outline of a box on the palm of your hand as you practice this technique. Find a comfortable, quiet place to sit if possible.

Starting at the top left-hand corner of the box, trace along the side of the box whilst taking a deep breath in through the nose for a count of four.

Continuing to trace down the right-hand side of the box with your finger, hold the breath for a count of four.

Tracing from the bottom right hand corner along to the left, breathe out deeply through the mouth for a count of four.

Tracing up the left hand side of the box, hold for a count of four.

Repeat the steps as necessary.

