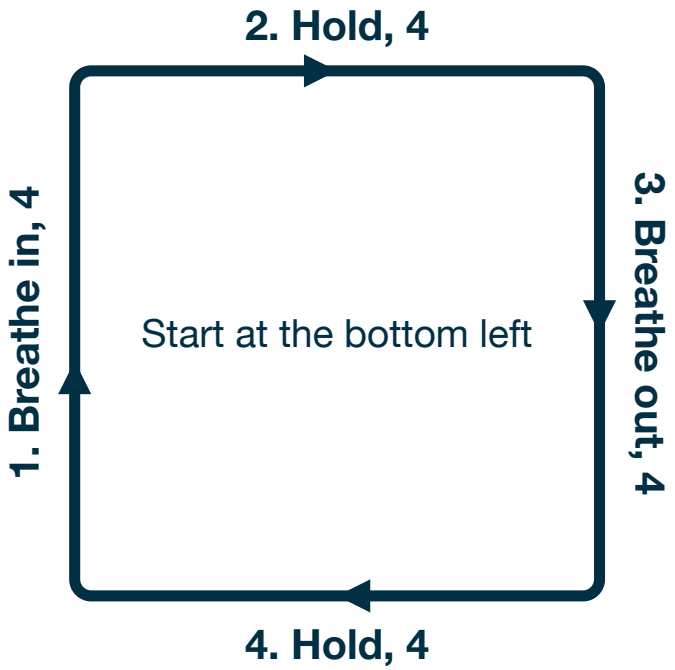
Box breathing

Also called square breathing or 4-4-4-4 breathing. Breathe gently, never strain, and practice when you're calm so it's familiar when you need it.



The steps

1. Sit or stand comfortably. Breathe all the way out.
2. Breathe in slowly through your nose for a count of 4.
3. Hold your breath gently for a count of 4.
4. Breathe out slowly for a count of 4.
5. Hold for a count of 4. That's one round.
6. Repeat for about 4 or 5 rounds. If 4 feels too long, count to 3.

Tick a round as you finish it:

○ ○ ○ ○ ○

Two other patterns

4-7-8: in through your nose for 4, hold for 7, out through your mouth for 8. Start with 4 rounds.

Longer exhale: in for 4, out for 6, no holds. About 6 breaths a minute.

If you feel dizzy, short of breath or more anxious, stop and breathe normally. Holding your breath isn't for everyone; the longer exhale pattern has no holds.

Made by Joel Dean, Joyful AI Journal. A guided pacer is at joyfulaijournal.com/calm/box-breathing

If you are thinking about harming yourself, call or text 988 (US) or contact local emergency services.