

## Instructions for box breathing

1. **Find a comfortable position:**
  - Sit up straight, feet flat on the floor, hands resting loosely on your thighs. Close your eyes.
2. **Visualise a square:**
  - Imagine drawing the four sides of a square with your breath.
3. **The breathing cycle:**
  - **Breathe in (4 seconds):** Breathe in slowly and deeply through your nose while counting to 4.
  - **Hold your breath (4 seconds):** Hold your breath and count to 4.
  - **Breathe out (4 seconds):** Breathe out slowly and in a controlled way through your mouth while counting to 4.
  - **Hold your breath (4 seconds):** Hold your breath and count to 4.
4. **Repeat the cycle:**
  - Perform the breathing cycle 4 to 5 times.
  - Concentrate on breathing calmly and evenly.
5. **End:**
  - Slowly open your eyes and feel how you have become calmer and clearer.

→ **Why it works:** Box breathing reduces stress levels by activating the parasympathetic nervous system, which is responsible for relaxation. It is particularly helpful before stressful meetings or for relaxation in stressful moments.

