

Box Breathing



When things don't go our way and we get in our head and start to question why things aren't working out or why we failed. One of the most effective tools that have helped me and many other people, including Navy Seals is box breathing. It's simple and great to practice while in traffic, before a meeting, when feeling overwhelmed or simply to have more clarity.

When possible do it in a quiet and controlled setting, however I do this at times when I am at the grocery store waiting for the cashier.

Method:

Inhale to the count of 5

Hold for a count of 5

Exhale for a count of 5

Repeat 2-3 times

Inhale to full capacity and forcibly exhale. You can start at 3 if this is difficult.