Box breathing

Box breathing is a form of deep breathing and helps to activate our parasympathetic nervous system In times of stress, your sympathetic nervous system is on high alert. Box breathing can help you move out of that state by tapping into the bodily system responsible for rest and digestion — the parasympathetic nervous system. The parasympathetic nervous system is the opposite of the sympathetic nervous system, otherwise known as "fight or flight."

When we're anxious, we breathe shallowly and quickly, which actually creates more anxiety within your body. We can use breathwork to move out of the fight-or-flight state and into that parasympathetic nervous system.
Box breathing also helps to Calm the mind. You don't have to be stressed to benefit from this breath exercise. Practicing box breathing is an opportunity to bring mindfulness to your breath, which is a valuable even in calm times.

It allows you to slow your breath, and it also has an aspect of meditation. As you're breathing, you're also silently counting, which helps to focus your mind and, again, calms the nervous system by bringing your attention to the present moment.
It's called box breathing because a box has 4 sides. When we do this exercise, you can visualise the box as you slowly count.

Slowly count to four for a total of four times — four counts of breathing in, four counts of holding your breath, four counts of exhaling and four more counts of holding after your exhale.
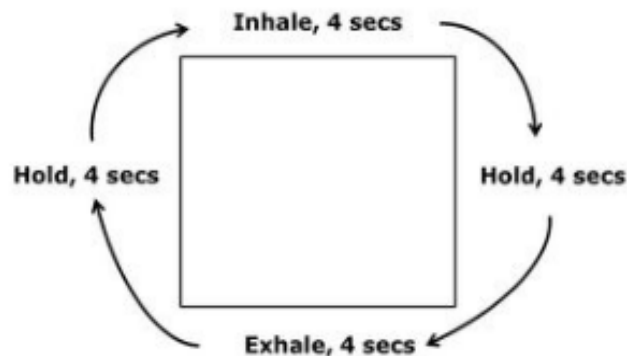
Let's try!

Breathe out slowly, releasing all the air from your lungs.

Breathe in through your nose as you slowly count to four in your head. Be conscious of how the air fills your lungs and stomach.

Hold your breath for a count of four.

Exhale for another count of four.

Hold your breath again for a count of four. – Repeat 3-4 times.

where life begins
kei konei ka tīmata ai te oranga