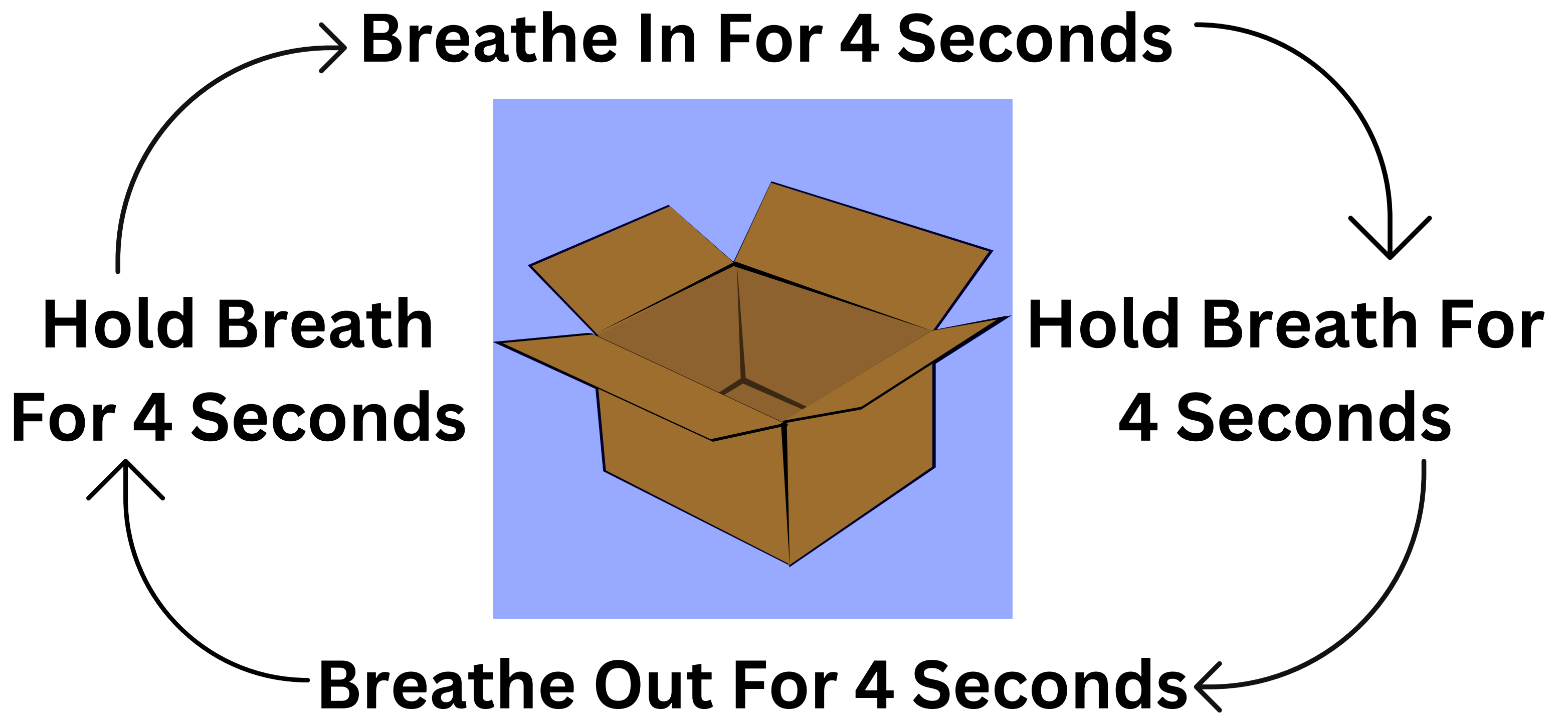


How To Box Breathe



Stress and anxiety are normal. Box breathing is used by many professionals including Navy Seals to lower stress and calm the mind in high anxiety environments.

You can use box breathing to:

- Reduce stress and anxiety throughout the day
- Help fall asleep at night
- Clear your mind before making decisions
- Mitigate a feeling of panic
- Relax your mind and body when you are tense

Disclaimer: Med Ed Materials, 2023.

This information is intended to supplement, not contradict, the medical advice of your practitioner.

For questions or more info, contact your practitioner.



www.mededmaterials.org

Sources:

<https://health.clevelandclinic.org/box-breathing-benefits/>