

JOY BRINGS LIGHT

# Box Breathing

Box breathing is a technique used to regulate the nervous system. The process is like tracing the sides of a box. Box Breathing can reduce your heart rate, lower your blood pressure, and quiet your mind.

---

## Box Breathing in 4 Steps

To begin, find a comfortable position. You can have your eyes open or closed, whatever feels best for you. Now, let's trace the box together.

1. **Inhale:** Breathe in slowly through your nose for a count of four.
2. **Hold:** Hold your breath at the top for a count of four.
3. **Exhale:** Slowly breathe out through your mouth or nose for a count of four.
4. **Hold:** Hold your breath again, with your lungs empty, for a count of four.

\*Repeat these 4 steps for as many times as you feel called.  
6-8 minutes for maximum benefit

May this exercise bring you more Clarity, Focus, and Peace,  
+ Andrea Joy Pearson

