



# Box Breathing

Box breathing, also known as square breathing, is a technique used when taking slow, deep breaths. It can heighten performance and concentration while also being a powerful stress reliever. It's also called four-square breathing.

According to the Mayo Clinic, there's sufficient evidence that intentional deep breathing can actually calm and regulate the autonomic nervous system (ANS).

This system regulates involuntary body functions such as temperature. It can lower blood pressure and provide an almost immediate sense of calm.

The slow holding of breath allows CO<sub>2</sub> to build up in the blood. An increased blood CO<sub>2</sub> enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulates your parasympathetic system. This produces a calm and relaxed feeling in the mind and body.

Box breathing can reduce stress and improve your mood. That makes it an exceptional treatment for conditions such as generalized anxiety disorder (GAD), panic disorder, post-traumatic stress disorder (PTSD), and depression.

It can also help treat insomnia by allowing you to calm your nervous system at night before bed. Box breathing can even be efficient at helping with pain management.

