

6 Benefits of Box Breathing

**1. Reduces stress
& anxiety**

**4. Regulates
emotions**

**2. Slows heart
rate & lowers
blood pressure**

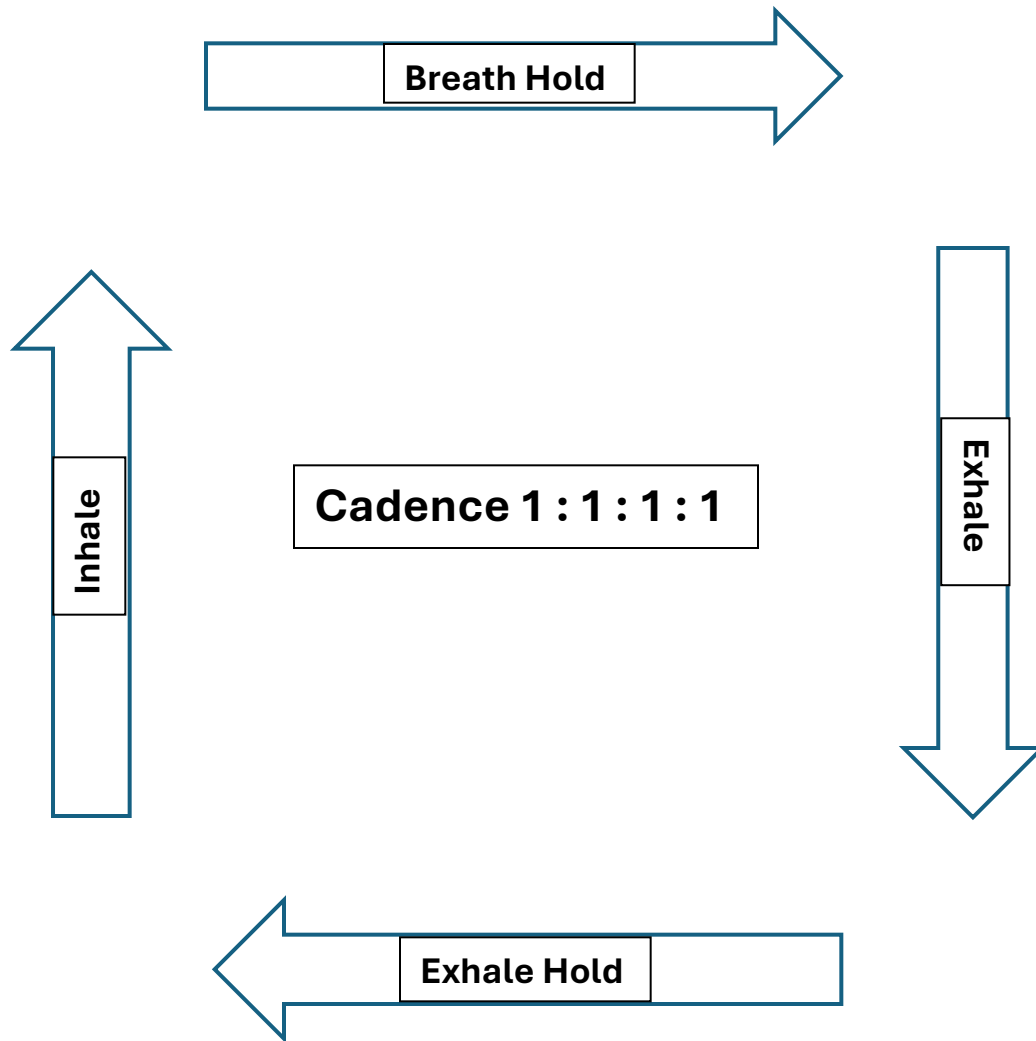
**5. Promotes
relaxation &
calmness**



**3. Improves
focus &
concentration**

**6. Enhances
sleep quality**

Box Breathing



When to use:

Interval Workouts

Before or During Stressful Events

As Part of Pre-sleep bedtime routine