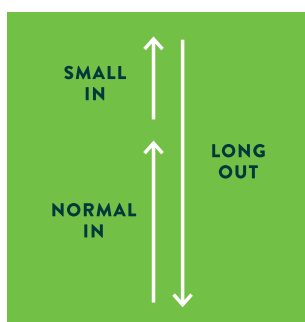


## BOX BREATHING

Box Breathing is easy to remember and practice anywhere. Imagine a box. For each of the four sides of the square, you'll breathe or pause for four seconds. You'll alternate between inhaling for 4, pausing for 4, and exhaling for 4. Let's begin. When you are ready, take notice of your natural breathing. We will go through three rounds of this brief practice.

- 1 Breathe in through your nose for a count of 1-2-3-4.
- 2 Pause, holding your breath in, for a count of 1-2-3-4.
- 3 Breathe out through your mouth for a count of 1-2-3-4.
- 4 Pause, empty of breath, for a count of 1-2-3-4.

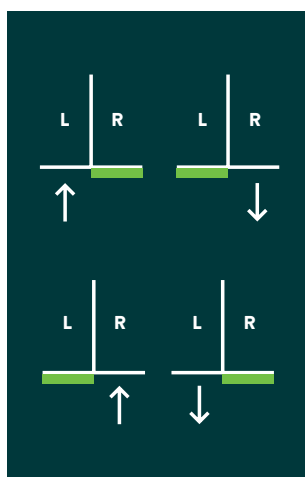


## PHYSIOLOGIC SIGHING

Physiologic Sighing has been found to provide durable stress relief and whole body calming in a compact technique.

- 1 Breathe in a normal breath, then inhale a second smaller "sip" of air.
- 2 Breathe out a long, slow full exhale through the mouth.

This completes one round of sighing. One round can be enough to get a benefit. If you have more time, do two more rounds for a total of three. Or do one round several times a day when you want to regulate your stress level and bring yourself calm.



## ALTERNATE NOSTRIL BREATHING

Alternate Nostril Breathing (ANB) is a technique commonly used in yoga to integrate the mind and reduce stress. ANB requires you to alternate pressing one finger gently on a nostril, and then the other. For people who find that quiet meditation brings up unpleasant thoughts or memories, ANB can be extra helpful because you are focusing on simple physical steps. To perform ANB, you may be standing, sitting, or lying down.

- 1 Use your right hand's thumb to block your right nostril and inhale deeply through your left nostril.
- 2 Then release your thumb from the right nostril and block your left nostril with any finger and exhale through your right nostril.
- 3 Next, inhale through your right nostril, then block it with your thumb and exhale through your left nostril.

This completes one round of ANB. One round can be enough to get a benefit. If you have more time, do two more rounds for a total of three.

**NOTE:** There is no magic to using your right hand or particular fingers. If your left hand is more available to you, use the thumb and fingers in whichever way serves you best. Of course, if at any time you don't feel like you are getting enough air, stop the technique and breathe normally.

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