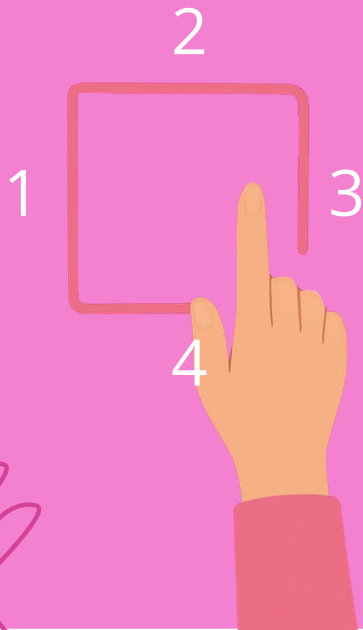


Box Breathing



Why It Works: Equalized breathing stabilizes your energy, calms an overactive mind, and improves focus under pressure.

How to Practice:

Inhale through your nose for 4 seconds.

Hold your breath for 4 seconds.

Exhale smoothly through your mouth for 4 seconds.

Hold your lungs empty for 4 seconds.

Tip: Picture tracing the four sides of a square as you count.

BREATHWORK BASICS

Simple breathing practices to shift your nervous system

4-7-8 Relaxing Breath



Why It Works: Lengthening your exhalation signals your parasympathetic nervous system to slow your heart rate and lower stress hormones.

How to Practice:

Inhale: Breathe in quietly through your nose for a count of 4.

Hold: Pause and hold your breath gently for a count of 7.

Exhale: Release your breath fully through your mouth with a soft swoosh for a count of 8.

Repeat: Complete 4 full cycles, keeping your jaw and shoulders relaxed.



AUTHENTICALLY US
CIC