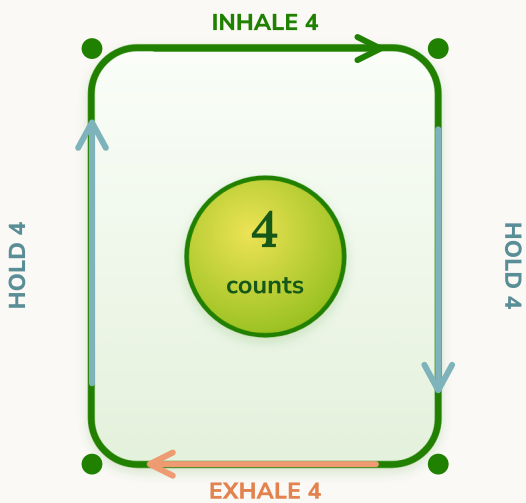


A STEADYING TOOL

# Box *breathing*

A simple, structured breath used to steady focus before something that needs a clear head. Originally used by military and emergency personnel, it is now widely used for everyday focus.



## How it works

- 1 **Inhale** through your nose for 4 counts.
- 2 **Hold** your breath for 4 counts.
- 3 **Exhale** slowly for 4 counts.
- 4 **Hold** empty for 4 counts.

*Repeat for 4 to 6 rounds.*

### WHEN TO USE IT

Before a meeting, an exam, a difficult phone call, or any moment that needs steady focus rather than deep calm.

### WHY IT HELPS

Slow, even breathing signals safety to your nervous system. Used this way, it can lower your heart rate and help you focus. It is a general self-help tool, not a treatment.

*You can do this anywhere, sitting at a desk, in a car before you go inside, or standing in a queue. Nobody needs to know you're doing it.*

— One breath at a time is enough. —

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