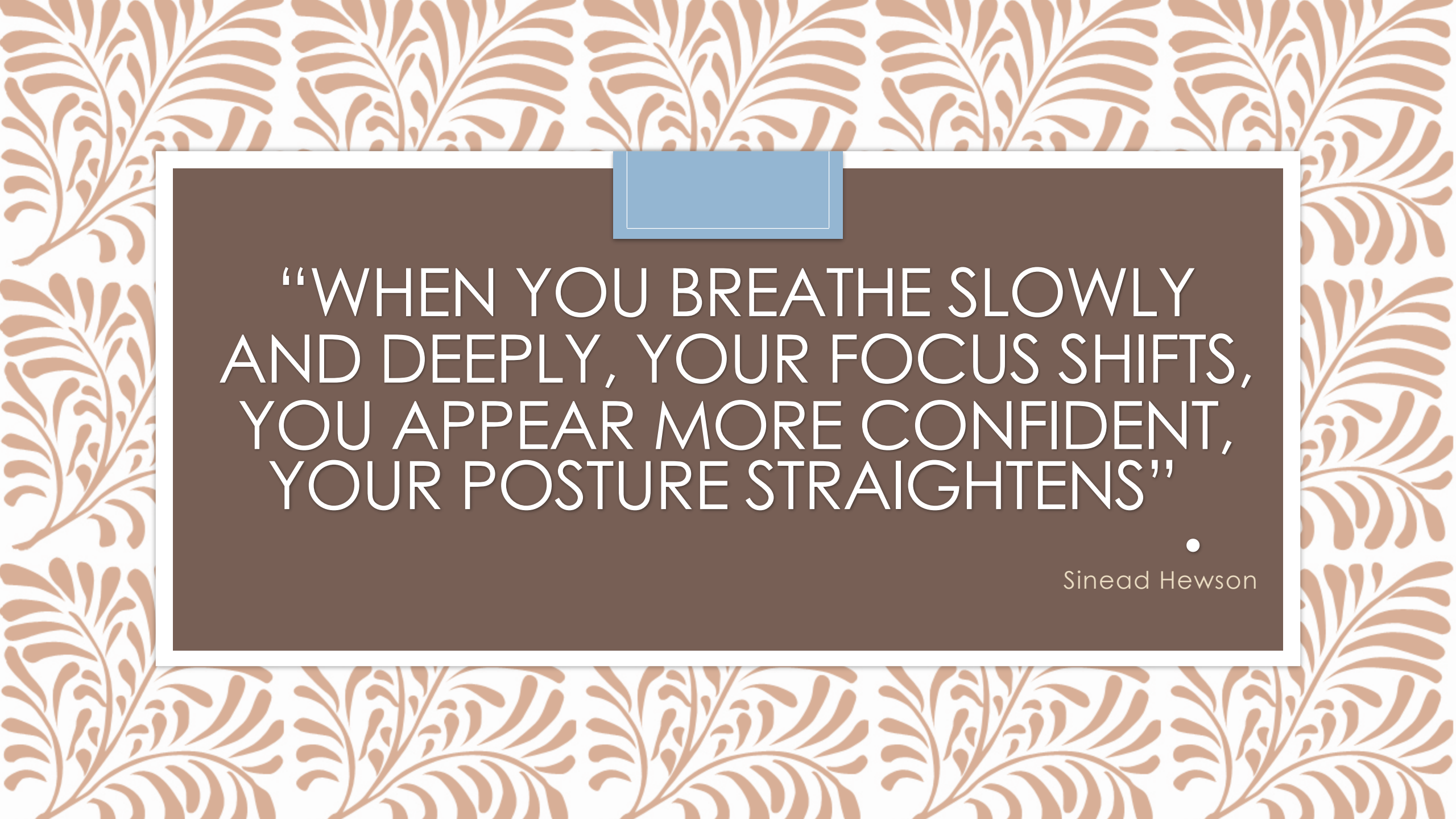




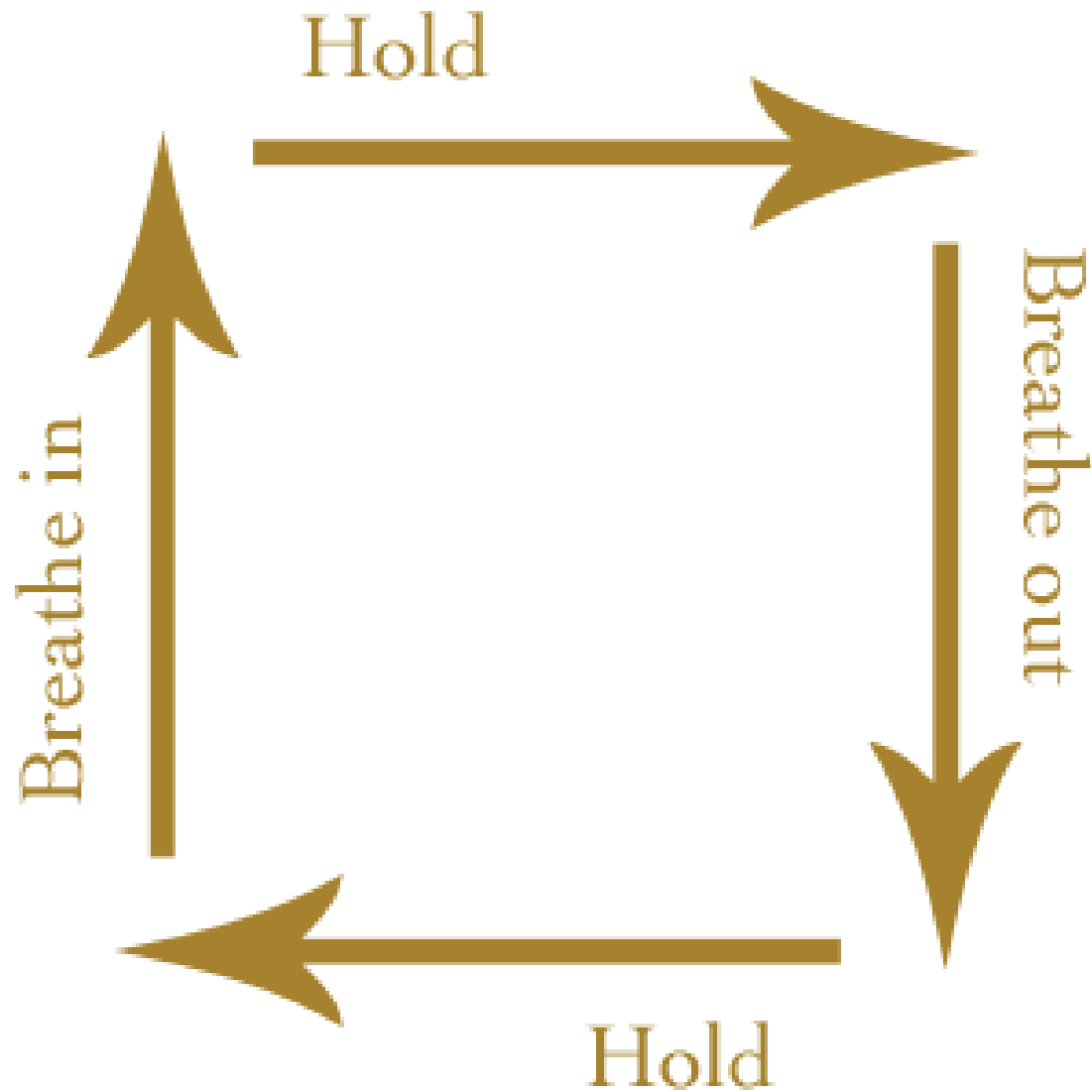
BOX BREATHING

TECHNIQUE



“WHEN YOU BREATHE SLOWLY
AND DEEPLY, YOUR FOCUS SHIFTS,
YOU APPEAR MORE CONFIDENT,
YOUR POSTURE STRAIGHTENS”

•
Sinead Hewson



Practise:
5-10 mins / day

"As you complete this exercise, you may notice thoughts that go in and out of your head. Acknowledge them. Let them go."

Box / tactical Breathing

This [video link](#) explains the technique of breathing in detail.

It is used by US Navy Seals to focus and build breathing skills. They call it tactical breathing. (A scripted version is on the next slide)"

Box (tactical) Breathing :

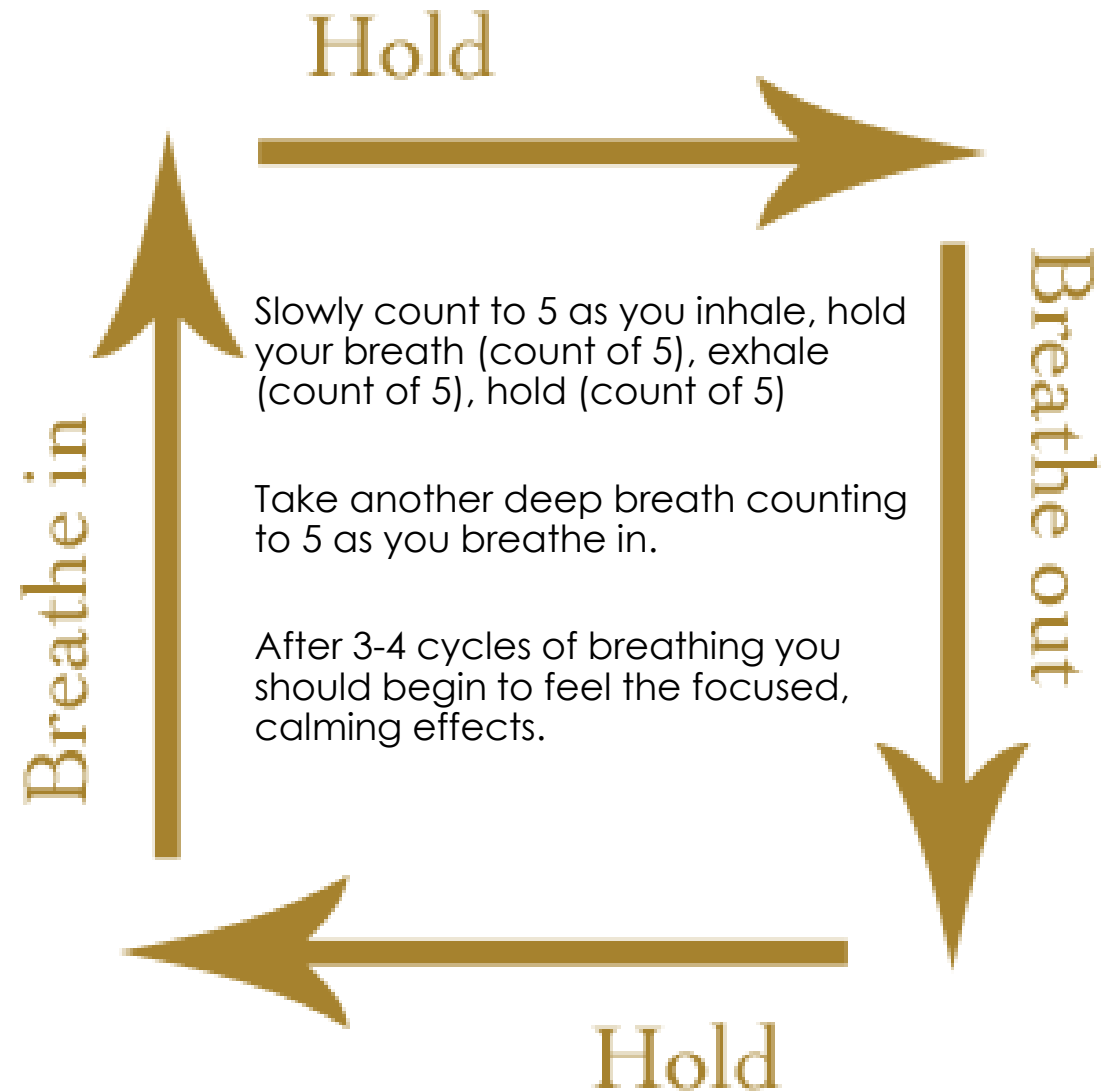
1. Sit or stand comfortably, with your feet flat on the floor and your back straight.
2. Place one hand over your belly button.
3. Breathe in slowly and deeply through your nose and let your stomach expand as you inhale.
4. Hold your breath for a few seconds, then exhale slowly through your mouth, sighing as you breathe out.
5. Concentrate on relaxing your stomach muscles as you breathe in.

Useful to know:

Relax.

When you are doing this exercise correctly, you will feel your stomach rise and fall about an inch as you breathe in and out

Your shoulders should not rise and fall as you breathe!



My request to you...Breathe... and..

TAKE RESPONSIBILITY FOR
YOUR DEVELOPMENT



YOU CAN DOWNLOAD THIS EXERCISE FROM OUR DOWNLOADS AREA

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