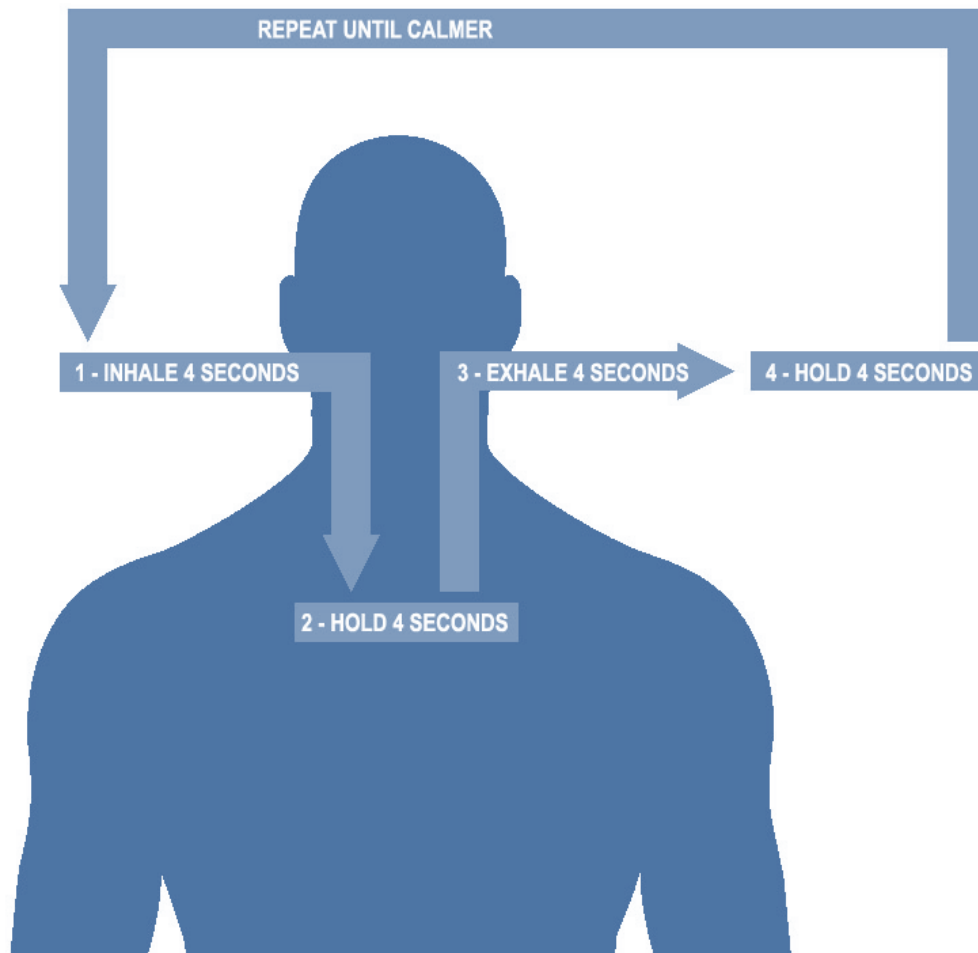


# 4-4-4-4 BREATHING TECHNIQUE

Breathing techniques can help you cope with panic and stress when feeling overwhelmed. I am a big fan of simple and memorable techniques and 4-4-4-4 breathing, or 'box' breathing, is one such method. It works by distracting your mind as you count to four, calming your nervous system, and decreasing stress in your body.



**Step 1** Breathe in, counting to four slowly.

**Step 2** Hold your breath for 4 seconds.

**Step 3** Slowly exhale through your mouth for 4 seconds.

**Step 4** Hold your breath for 4 seconds.

**Repeat steps 1 to 4 until you feel calmer**