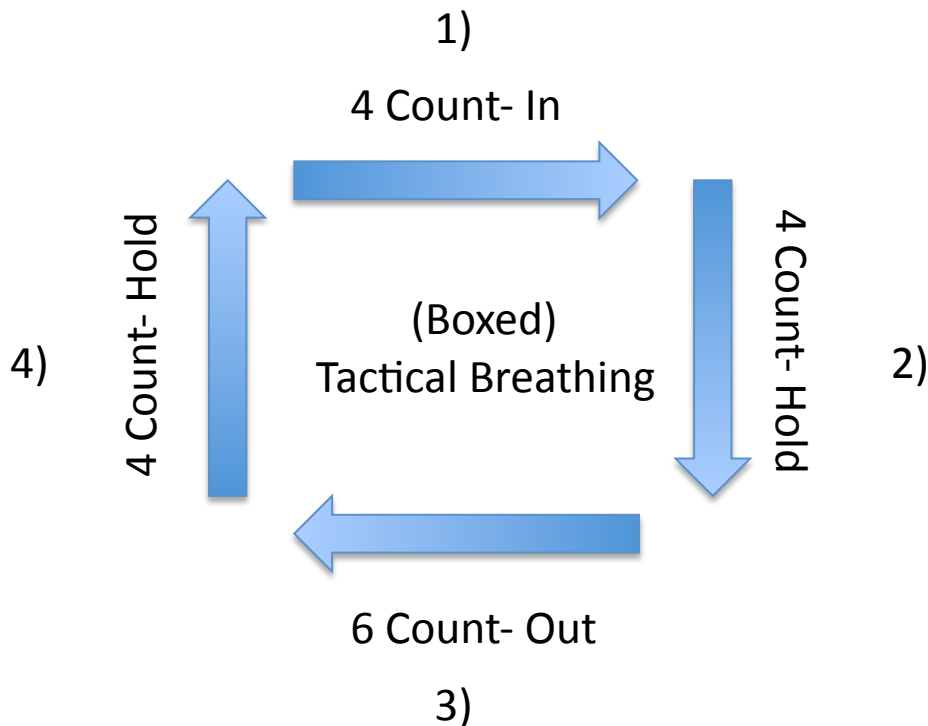


**STRATEGY #1: BOXED/TRIANGLE BREATHING**

“Boxed” breathing, (or a variation, “Triangle breathing”) is a form of tactical breathing and can be used many times throughout the day. It is very simple, and can quickly help you “reset” your nervous system whenever you are going *into* or coming *out* of a stressful situation.



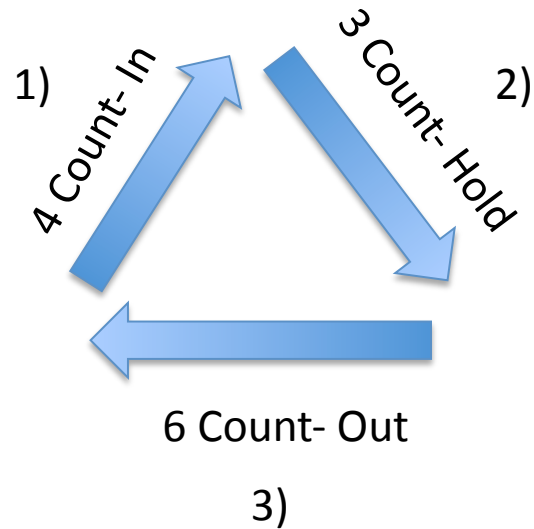
Boxed breathing works like this:

Simply breathe in, through your nose (or mouth) like so, quietly saying to yourself:

- 1) “Breathe In two, three, four;” ...then
- 2) “Hold, two, three, four;”
- 3) Out “two, three four, five, six” and, then;
- 4) “Hold two, three four.”

(Gently expand your entire diaphragm with each in-breath

A second variation some prefer is “Triangle Breathing”. This consists of the following technique:



- 1) Breathe into your diaphragm, fully inhaling to the count of 4,
- 2) Then hold it to the count of 3,
- 3) Then slowly breathe out to the count of 6, while making a gentle “whooshing” sound as you exhale through your mouth

Repeat this cycle 4 times as you’re starting out, and increasing it as needed

In both of the techniques, the actual number of “counts” can vary to suit each individual. It is useful to complete several repetitions of each cycle as you begin to incorporate this tool in your daily repertoire when going *into* or coming *out* of stressful situations. Note that these exercises can be done so subtly that no one even need know you are “resetting” your nervous system, and bolstering your mental focus.

It is helpful to think of each breath cycle as a repetition or “rep,” and imagining the “muscle memory” in your diaphragm strengthening on a daily basis.