

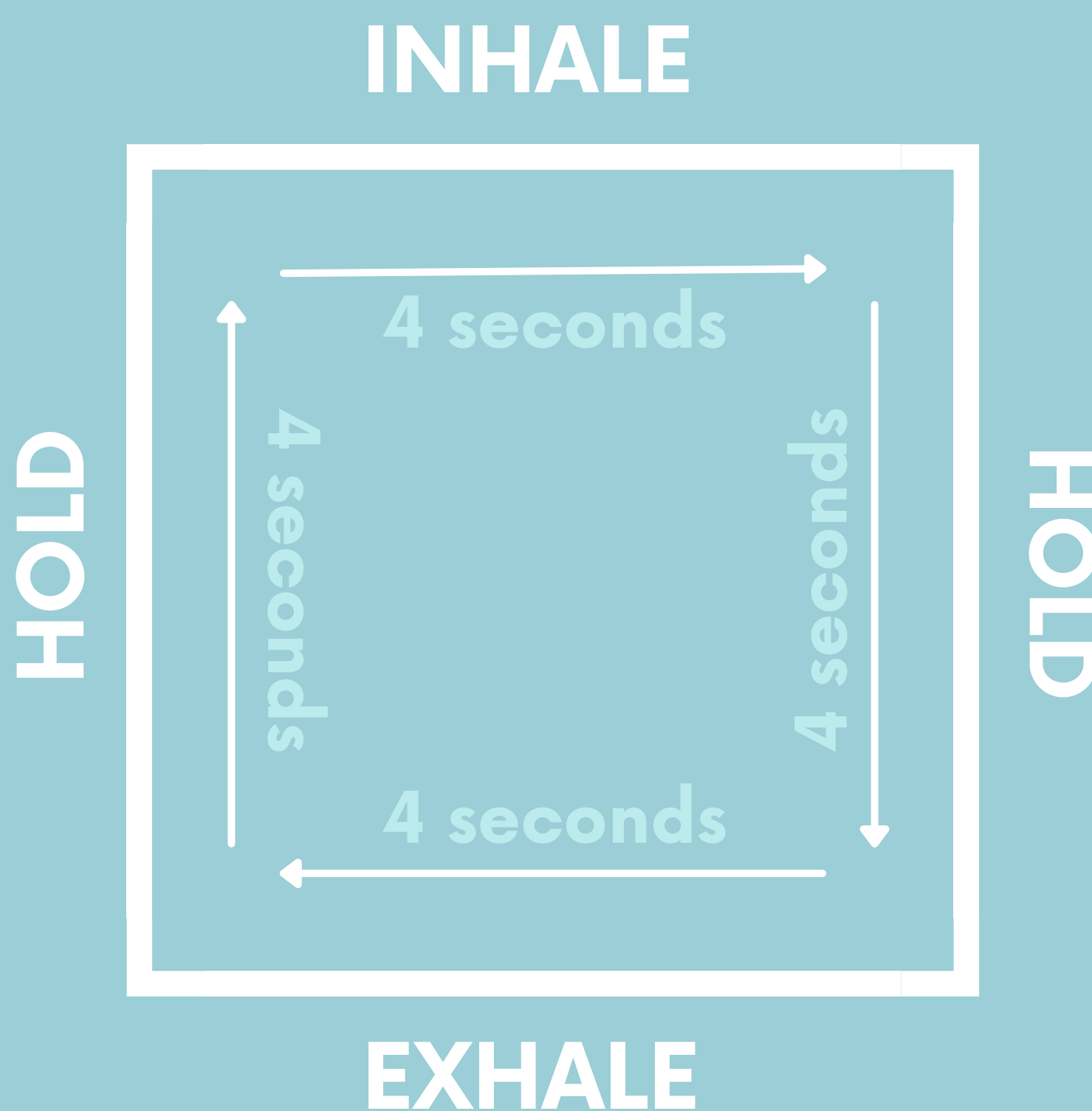
And breathe...

When we feel stressed or anxious, our body's threat system can feel like it is taking over. **Breathing exercises** can help us calm down our threat system, and activate our more soothing system, which in turn helps us to calm down, think rationally, and feel better.

BOX BREATHING

- 1 Inhale through the nose to the count of 4
- 2 Gently hold your breath for the count of 4
- 3 Exhale through the mouth for the count of 4
- 4 Gently hold your breath again for the count of 4

And repeat...



You can use this exercise anywhere, at any time. Try finding a square or rectangular object in the room and guide your box breathing around the outline of the object.

Practice makes perfect

You may find this breathing exercise tricky or difficult at first. By practicing this at least three times a day at first, you will find it starts to become easier. As with any skill, breathing exercises need to be practiced so they can be applied more automatically when we are feeling stressed.



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Our Dorset staff wellbeing service