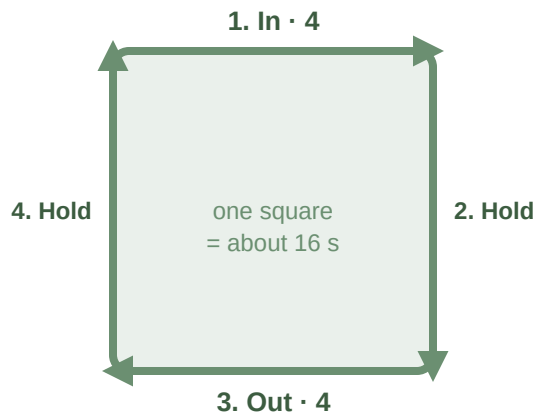


Box Breathing Practice Card and 14-Day Log

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The seven steps

1. Sit with back supported, feet flat, shoulders soft.
2. Breathe out gently until comfortably empty.
3. Breathe in through the nose for 4.
4. Hold, throat and jaw relaxed, for 4.
5. Breathe out slowly for 4.
6. Hold empty for 4, or shorter.
7. Repeat for about 5 minutes, then breathe normally.

Count chooser: 3-3-3-3 gentle · 4-4-4-4 classic · 4-2-4-2 short holds · 4 in / 4 out no holds · 4-4-6-2 longer exhale

Skip or shorten the holds if you

- ☐ Are pregnant (use equal in/out breathing; check with your midwife or doctor)
- ☐ Have panic attacks or an anxiety disorder
- ☐ Have asthma, COPD, a heart condition or uncontrolled blood pressure (ask your doctor first)
- ☐ Have a history of trauma
- ☐ Are teaching a child (short counts of 2 or 3, holds optional)

Safety rules

Never practice breath holds in or under water, or while driving. Stop if dizzy, tingly, faint or breathless, and breathe normally.

Get urgent help for chest pain, a racing or irregular heartbeat, or breathlessness that does not settle.

14-day practice log

Day	Date	Count used	Minutes	Calmer after? (1-5)	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Box breathing is a self-help tool, not a treatment. Ongoing anxiety, panic attacks or sleep problems deserve professional help.