Tactical Breathing

Also known as Box Breathing

A simple breathing technique to help calm your body, steady your attention, and regain a sense of control during stressful moments.

Inhale —
4 seconds

Hold —
4 seconds



Hold —
4 seconds

Exhale —
4 seconds

How to Do It

1. Inhale through your nose for 4 seconds.
2. Hold your breath for 4 seconds.
3. Exhale slowly through your mouth for 4 seconds.
4. Hold your breath out for 4 seconds.

Repeat for 4 to 8 cycles, breathing gently and comfortably.

Benefits

- Help reduce feelings of acute stress.
- Keeps from activating your fight or flight
- Restores mental focus under pressure.
- Lowers cortisol and adrenaline in the moment and shifts the body to a calmer state.

Pause. Breathe. Reset.

Originally popularized by the U.S. Navy SEALs