

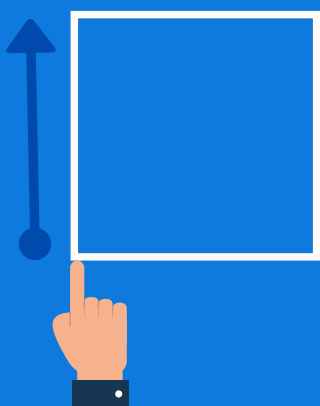
# THE BOX BREATHING TECHNIQUE

A GUIDE TO YOUR MIND

## BEGIN AT THE BOTTOM CORNER OF EITHER SIDE

INHALE FOR 4 SECONDS AS YOU TRACE YOUR FINGER UP ALONG THE SIDE OF THE BOX

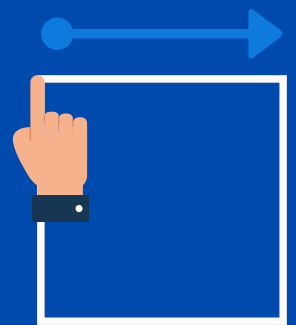
This can be done on the surface of a desk, on your pants, on a chair arm, virtually anywhere.



## CONTINUE ACROSS THE TOP OF THE BOX

HOLD FOR 4 SECONDS AS YOU TRACE YOUR FINGER FROM LEFT TO RIGHT OR RIGHT TO LEFT

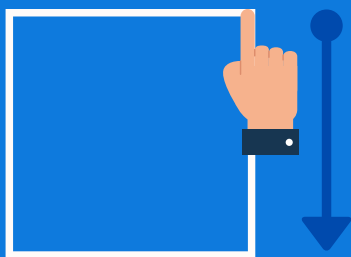
Watching your finger as it traces is visually stimulating



## CONTINUE DOWN THE OTHER SIDE OF THE BOX

EXHALE FOR 4 SECONDS AS YOU TRACE YOUR FINGER DOWN THE OTHER SIDE OF THE BOX

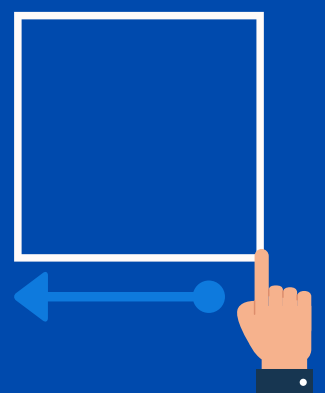
Focusing on your breath, you can hear yourself breathe which also stimulates your auditory senses



## CONTINUE ACROSS THE BOTTOM OF THE BOX

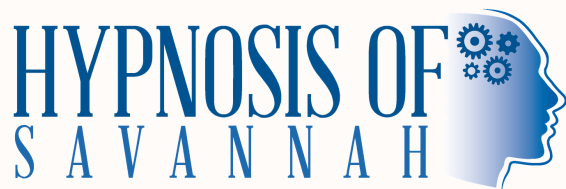
HOLD FOR 4 SECONDS AS YOU TRACE YOUR FINGER BACK TO YOUR STARTING POINT

Tracing your finger along the surface and feeling the texture of the surface stimulates your kinesthetic senses



## SIMPLE STEPS THAT MAKE A HUGE IMPACT

A technique that is so simple that a child can do it, but so powerful that it is taught to SWAT Team Members and Military Members



**A Guide to Your Mind**  
How to Master Your Mind and Experience Success in Your Personal and Professional Life

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