

Box Breathing - the Navy SEAL breathing technique

Description

This technique, also known as combat or tactical breathing, is an excellent way to reduce your stress and calm down. This breathing strategy has been used by first responders, the military and athletes to focus, gain control and manage stress. In addition, it appears to help control worry and nervousness.

With this app, we aim to give you a simple and fast tool to practice this breathing technique.

[Launch the app], start breathing...

- Inhale for 4 seconds through your nose
- Hold your breath for a count of 4
- Exhale for 4 seconds through your mouth
- Hold your lungs empty for a count of 4
- Repeat

In summary

- Inhale for a count of 4
- Hold for a count of 4
- Exhale for a count of 4
- Hold for a count of 4.

Source: <https://www.microsoft.com/en-ca/p/box-breathing-the-navy-seal-breathing-technique/9mv9z03jzdz9?activetab=pivot:overviewtab>