



Welcome to Sparks of Healing

One of the greatest tools for peace is something that is readily available every second of your life; the breath. This is why I recommend the practice of **Box Breathing** to all my clients and students.

*Patricia
Meier*

THE POWER OF BOX BREATHING

Conscious breathing is all it takes to calm the nervous system. We have all been told “Take a breath!” That is only half of it; the truth is that the exhale is just as important as the deep inhale.



When we are stressed, scared, or anxious, our body responds. Our parasympathetic nervous system (PNS) believes we are fighting for our lives. We go into fight, flight, or freeze response.

Chronic stress can impact the vagus nerve in a negative way; problems such as anxiety and depression can occur; the body can experience bloating, nausea, vomiting, constipation, and more.

The vagus nerve stimulate certain muscles in the heart that help slow the heart rate. When you consciously and fully exhale, it is like giving your vagus nerve a hug, letting it know everything is okay. ❤️

How to Practice box breathing

A Step-By-Step Guide

1. Sit or lie down comfortably in a quiet space where you won't be disturbed.
2. Allow your eyes to gently close
3. Slowly inhale through your nose for a count of four, while drawing the top of a box in your mind.
4. Hold the breath for a count of four while drawing the side of the box.
5. Exhale fully for four, pulling your belly button towards your spine, while drawing the bottom of the box.
6. Pause for four, while drawing the last side of the box.
7. Repeat a minimum of four times.



Tip for beginners

- *start with shorter sessions and gradually increase the time as you get more comfortable*



Inhale

Pause

Repeat 4 x's
Draw box in your
mind while
following 4 counts.
In-Hold-Out-pause

Hold

Exhale

Sparks of Healing

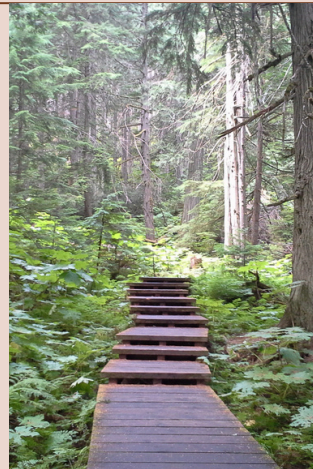
Box
Breathing

Why does this work?

Taking the time to breath slowly and fully tells your PNS that everything is fine, there is no bear chasing us.

Drawing the box engages the conscious mind, ensuring that it gets a break from the obsessive thoughts, not interfering with the process.

Breath is life. Breath is how the soul connects to the body. Taking in more breath connects you to that higher, wiser part of you who knows that everything truly is going to be okay.

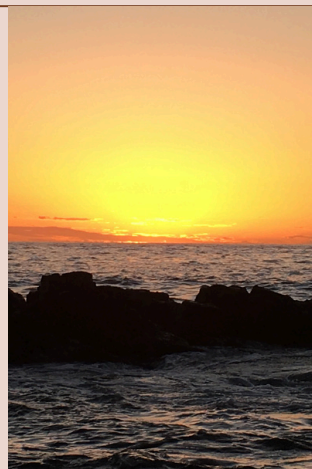


Helps to:
reduce stress
improve focus
control emotions
relax
manage anxiety
improves mental clarity
connect to Higher Self



When to Practice box breathing:

- Before writing an exam, giving a presentation, or having a crucial conversation.
- At bedtime, to help you settle your body into a restful state.
- Truly, anytime but especially when you need to calm yourself or refocus.



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GIVE THE GIFT OF BOX BREATHING TO YOUR WHOLE FAMILY

Your family members, especially children can benefit from this magical practice.



I have heard from students who have used this technique to help them calm themselves for exams, athletes who took the time off court to stop and breath on the bench to get out of their head and back in the game.

It is interesting that we all breath automatically, we take it for granted, and we also somehow learned to take shallow breaths; we need to relearn to breath fully and completely. Teach others, they will thank you!

DATE

Mood

REFLECTION JOURNAL

WHAT CHALLENGES DID YOU ENCOUNTER?

- ◆
- ◆
- ◆
- ◆
- ◆
- ◆
- ◆
- ◆
- ◆
- ◆

WHAT DO YOU FEEL BEFORE AND AFTER EACH SESSION?

-
-
-
-

WHAT POSTIVE CHANGES HAVE YOU NOTICED?

-
-
-
-

WHAT CAN YOU INTEGRATE BOX BREATHING INTO YOUR DAILY LIFE MOVING FORWARD?

CHALLENGE YOURSELF

Box breathing challenge

- Day 1: Start with a four count box breathing session
- Day 2: Practice box breathing in the morning and before bed
- Day 3: Increase your practice to a five count for five repetitions
- Day 4: Try box breathing during a stressful moment
- Day 5: Combine box breathing with visualization
- Day 6: Extend your practice to 10 minutes
- Day 7: Reflect on your experience and how you feel



Thank you

You now have the tools to harness the power of box breathing in your life. This simple practice can bring profound changes in how you manage stress, enhance focus, and connect with yourself on a deeper level. At Sparks of Healing, we're here to support you every step of the way. Keep breathing, keep healing and continue embracing the journey to peace.