

# THE BENEFITS OF BREATHING

It seems so simple and obvious, but that's the beauty of breath-focused meditation—it can be used by anyone, anywhere, at any time to reduce tension, ward off negative thoughts, and lower blood pressure.

**These 1-minute breathing exercises can make a world of difference.**

## BOX BREATHING

While visualizing a box, breathe in specific counts:

1. Inhale to the count of 4 as you visualize the top edge of a box.
2. Hold your breath for a count of 4, as you go down along the right side.
3. Exhale for a count of 4, moving from right to left along the bottom edge.
4. Hold for another count of 4, going up along the left side, back to the top.
5. Repeat for several cycles for at least 1 minute.

For a guided demonstration, view the video [Box Breathing](#) by Conscious Works on YouTube.

## 5-4-3-2-1 METHOD

Breathing deeply in through your nose and out through your mouth, become aware of your surroundings:

1. Name 5 things that you can see around you
2. List 4 things that you can touch
3. Listen for 3 things you can hear
4. Find 2 things you can smell
5. Name 1 emotion that you feel

For a guided demonstration, view the video [The 5-4-3-2-1 Method](#) by the Partnership in Education on YouTube.



Whether you're experiencing everyday stress or a major life challenge, let **CCA@YourService** help. The program provides you and your family members free, around-the-clock access to a range of stress management and work-life balance resources.

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