

BOX BREATHING

BREATH AWARENESS



DESCRIPTION:

Box breathing is a technique used by US Navy Seals to reduce stress, and take control of the body's nervous system. The technique is simple, and can be done by drawing a box with your finger in the air:

- Breathe in for four beats (up).
- Hold for four beats (right).
- Breathe out for four beats (down).
- Hold for four beats (left).
- Repeat, slowing the beats down each time.

WHY:

Our breath is deeply linked to our nervous system - when we're stressed, we tend to use quick shallow breaths, while when we're relaxed we use deeper longer breaths. By controlling our breath (and breath holds) we can activate the parasympathetic nervous system, and actively calm ourselves down. This can reduce anxiety, and improve brain function in stressful situations. What a great way to start a choir session!

VIDEO LINK:



PRESENTER:

Chris Blain

OTHER RESOURCES

- [Calm.com](https://www.calm.com)
- [Medical News Today](https://www.medicalnewstoday.com)
- [Healthline](https://www.healthline.com)
- [WebMD](https://www.webmd.com)

EXTENSIONS / IDEAS:

Using an adjustable metronome can free you up if you're not a confident finger clicker. There are some great free apps for mobile phones that can help, and if you Google "metronome" there is a free one available in your browser.