

Box Breathing Technique Card

A brief paced-breathing practice that may help lower physiologic arousal and create a pause before responding.

Patient name:	_____	Date of birth:	_____
Date completed:	_____	Appointment date:	_____

Before starting

Sit or stand safely. Loosen your shoulders and jaw. Breathe gently rather than taking very large breaths. Stop if you become dizzy, faint, more panicked, or physically uncomfortable. People with significant breathing or cardiac conditions should follow clinician guidance.

1	INHALE	through the nose	4 counts
2	HOLD	without straining	4 counts
3	EXHALE	slowly and gently	4 counts
4	HOLD	at the bottom	4 counts

Practice

- ☐ Complete 4 cycles.
- ☐ Return to normal breathing for 30–60 seconds.
- ☐ Repeat only if comfortable.
- ☐ Pair with a cue: “Slow down,” “I can pause,” or “One step at a time.”

Distress before, 0–10:

Distress after, 0–10:

Number of cycles completed:

What changed in your body?

Where will you use this skill?

Reminder cue or phrase:
