



Box Breathing:

Reduces stress and focuses your thoughts away from anxieties and fear.

This article is written by Eric Ferguson, of theContinuumMethod.com in partnership with IntimacyTherapy.net.

In a stress-filled world, many things are simply beyond our control—like the weather, how others behave, and even whether or not pandemics happen!

Background: Mental stress activates your *sympathetic* nervous system, signaling your body to go into “fight-or-flight” mode.

During this reaction, stress hormones are released and you experience physical symptoms, such as a faster heartbeat, quicker breathing, and constricted blood vessels.

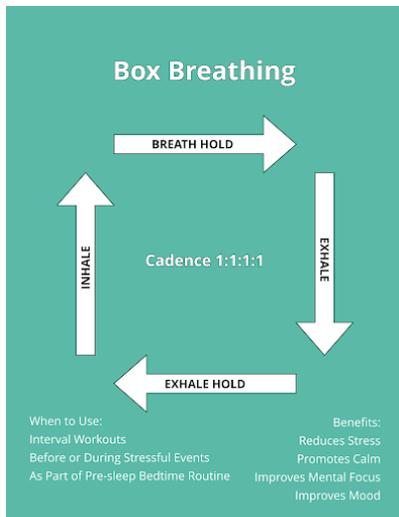
Deep breathing exercises can help activate your *parasympathetic* nervous system, which controls the relaxation response.

There are several types of deep breathing exercises, and in this article we focus on a popular technique called **Box Breathing**.

The goal of deep breathing is to focus your awareness on your breath, making it slower and deeper. When you breathe in deeply through your nose, your lungs fully expand and your stomach rises.

This helps slow your heart rate, allowing you to feel additionally peaceful.





Box Breathing, also known as four-square breathing, involves exhaling to a count of four, holding your lungs empty for a count of four, inhaling at the same pace, and holding air in your lungs for a count of four before exhaling and beginning the pattern anew.

In very high stress times, you might practice **Box Breathing** for 5-minutes each hour. Additionally, as your practice of Box Breathing becomes common, you can extend the pattern to 5 seconds, then 6 seconds, etc. It's this type training that Navy Seals utilize as part of their underwater training.

REMEMBER: Lower the stress, lower the inflammation, and see positive improvements in your overall wellness!

That's THE CONTINUUM METHOD.



Click here and check out the continuum method at <https://thecontinuummethod.com>

Biblically viewed, this **Intimacy Therapy** technique is drawn from Scripture's truth that, "*as a man thinks, so is he*" (Proverbs 23:7). The consequences of our thinking, whether painful or positive, as affirmed in the field of **cognitive therapy**, will impact our overall mental and emotional health.

Clinically in the practice of **Intimacy Therapy**, this technique would be replacing our "unhealthy" anxious and fearful thoughts with a "mindful" focus on the rhythm of our breathing as we count to four in our mind in each of the four different patterns.

Again, Biblically we follow Paul's admonition to "*take thoughts captive*" (2 Corinthians 10:5).

In future articles, we will intersect principles of **mindfulness** and **Scripture meditation** with this **Box Breathing** practice to even further address life's inevitable stresses.

[Click here to watch the Box Breathing video.](#)



W9. Living abundantly "in the present" as His Word brings healing to hurt, anger, guilt, **FEAR**, and condemnation—which are heart hindrances to life abundant

