



1.Box breathing, also known as square breathing, is a simple yet powerful technique used to regulate stress and improve focus. It involves a structured breathing pattern of **inhale, hold, exhale, hold**, each for **four counts**.

1. **Inhale** deeply through your nose for **four seconds**.
2. **Hold** your breath for **four seconds**.
3. **Exhale** slowly through your mouth for **four seconds**.
4. **Hold** again with empty lungs for **four seconds**.
5. Repeat the cycle until you feel calm and centred.

This method is widely used by **athletes, military personnel, and individuals managing anxiety**. It helps activate the **parasympathetic nervous system**, reducing stress and promoting relaxation. You can practice it anywhere—whether you're preparing for a big event or simply unwinding after a long day.

2.The physiological sigh is a natural breathing pattern that helps regulate stress and oxygen levels in the body. It involves a **double inhale through the nose**, followed by a **long, slow exhale through the mouth**.

1. **Inhale deeply** through your nose.
2. **Take a second, shorter inhale** before exhaling.
3. **Exhale slowly** through your mouth until your lungs are empty.
4. Repeat **once or twice** to quickly reduce stress.

This technique works by balancing **oxygen and carbon dioxide levels**, engaging the **parasympathetic nervous system**, and **slowing the heart rate**, making it an effective tool for calming the body². Humans and animals naturally perform physiological sighs every few minutes to maintain lung function and reopen alveoli in the lungs

3.Breath retraining is a technique used to improve breathing patterns, reduce stress, and enhance overall respiratory function. It involves consciously adjusting the way you breathe to promote relaxation and better oxygen exchange.

1. **Inhale** through your nose for **four seconds**.
2. **Hold** your breath for **two seconds**.
3. **Exhale** slowly through your nose for **six seconds**.
4. **Pause** briefly before repeating.
5. Practice regularly to develop a natural, relaxed breathing rhythm.

Breath retraining is commonly used in **stress management, anxiety reduction, and respiratory therapy**. It can be particularly beneficial for individuals experiencing breathlessness, panic attacks, or chronic respiratory conditions.

4.5678 breathing is a structured breathing technique designed to promote relaxation and regulate stress. It involves inhaling, holding, exhaling, and pausing in a rhythmic pattern.

1. **Inhale** deeply through your nose for **5 seconds**.
2. **Hold** your breath for **6 seconds**.
3. **Exhale** slowly through your mouth for **7 seconds**.
4. **Pause** with empty lungs for **8 seconds**.
5. Repeat the cycle until you feel calm and centred.

This method helps activate the **parasympathetic nervous system**, reducing stress and promoting relaxation. It can be particularly useful for managing anxiety, improving focus, and enhancing sleep quality.