

## **Tactical or “Box” Breathing - Through the Nose:**

1. Inhale for 5 seconds (count 1-2-3-4-5).
2. Pause for 5 seconds.
3. Exhale for 5 seconds.
4. Hold your exhale for 5 seconds.
5. Repeat a minimum of 4 times, daily and as needed.

### **Dr. Charles Meakin’s Pro Tips:**

- You can pick any duration (e.g., 5-, 6-, 10- seconds) – just keep each breath or side of the “box” consistent.
- Hopefully, nose breathing will become a natural habit in 21 days – with consistent practice and reminders.
- Try creating a message or reminder with a picture of your nose or a message (e.g., “stay in your nose”) and put it on your mirror or refrigerator and/or on your phone’s home screen or screensaver.
- Try box breathing at any transition point or when you sense you’re about to be triggered – when you want to be more present.