

Box Breathing for Recovery

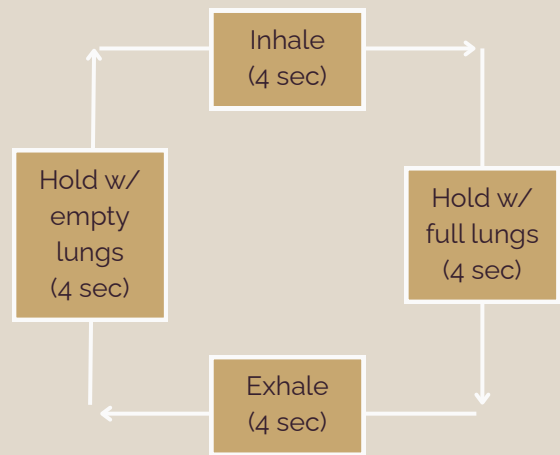
Box breathing is a simple but powerful breathwork technique that helps activate your parasympathetic nervous system—the part responsible for rest, recovery, and calm.

How It Works

Box breathing follows a four-part rhythm, each for the same count—typically 4 seconds. Picture a box with each side representing one part of the breath cycle.

1. Inhale for 4 seconds
2. Hold for 4 seconds
3. Exhale for 4 seconds
4. Hold for 4 seconds

Repeat this cycle for 4–6 rounds (or longer if you like), breathing in and out through your nose where possible.



Why It Helps

- Lowers heart rate and blood pressure
- Reduces cortisol (your stress hormone)
- Promotes recovery by shifting the body into a rest-and-digest state
- Improves focus and mental clarity
- Can help improve sleep quality when used before bed

When to Use It

- After a tough training session
- Before bed to wind down
- Midday if you're feeling stressed or overwhelmed
- Before a workout if nerves are running high

This isn't just about calming your mind—it's about giving your body the best chance to recover and come back stronger. Try it for just 2 minutes post-workout or before sleep and feel the difference.

