

March 2024 Wellness Tip: Box Breathing for Anxiety

One mission of CCW committee is to equip our members to cope with low to medium level stress and anxiety that can happen daily. We plan to share ONE wellness tip every month.

This very first tip is about diaphragmatic breathing, which can also be called intentional deep breathing. This technique stimulates the nerve systems associated with internal organs, eliciting the relaxation response and thereby reducing the body's stress levels.

There are many breathing techniques, and we just want to introduce a most simple one.

The key: use your belly and focus your mind on the movement of your belly.



To learn more about other breathing techniques, please refer to:

<https://www.verywellmind.com/abdominal-breathing-2584115>

Breathing apps are also available at the app stores.