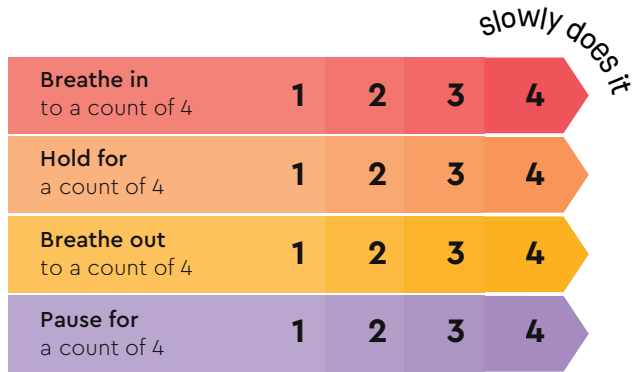


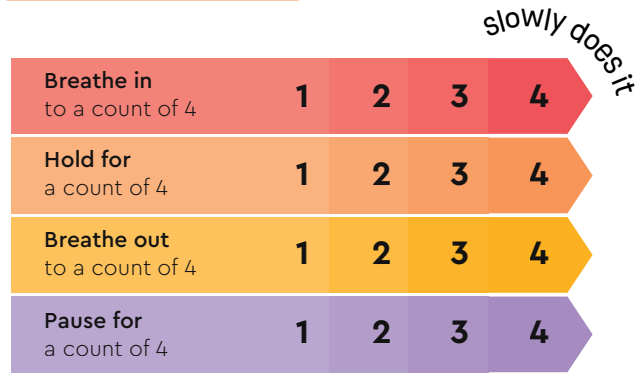
Box Breathing Exercise

AnxietyNZ
HERE FOR YOU



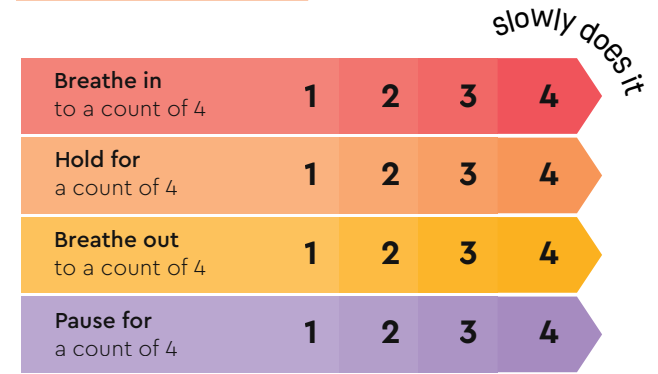
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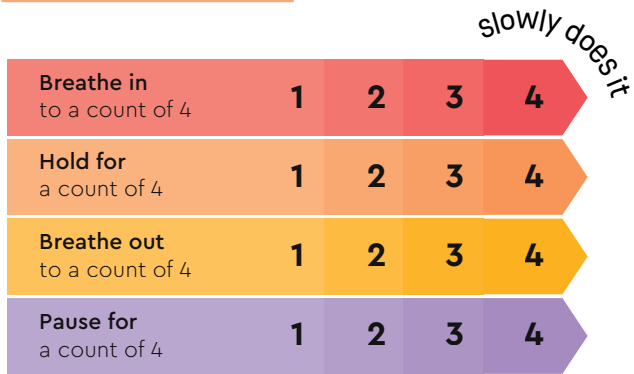
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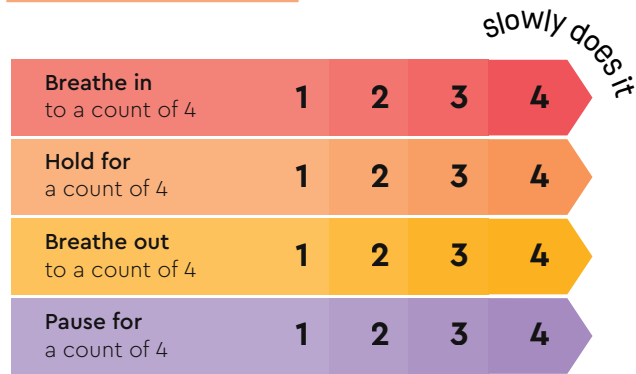
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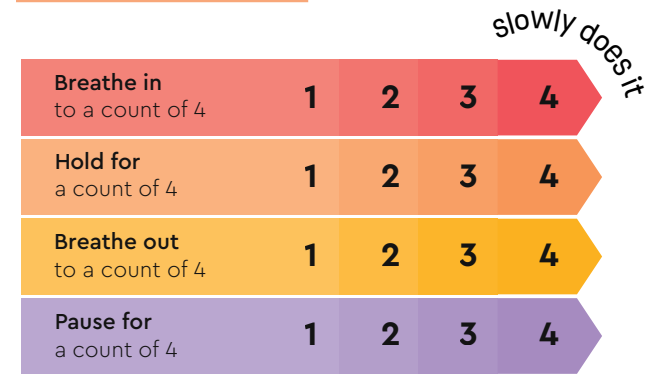
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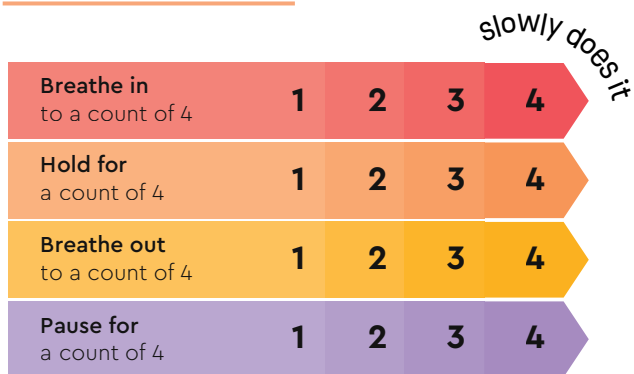
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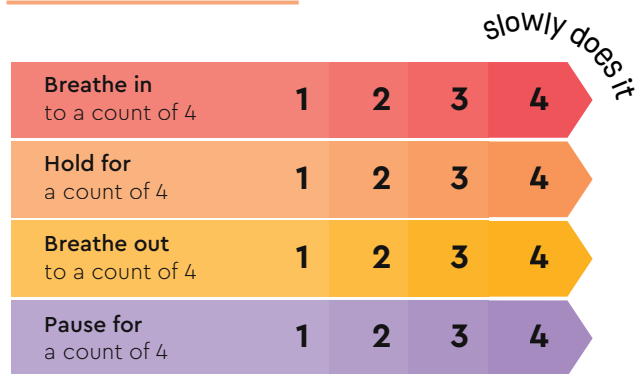
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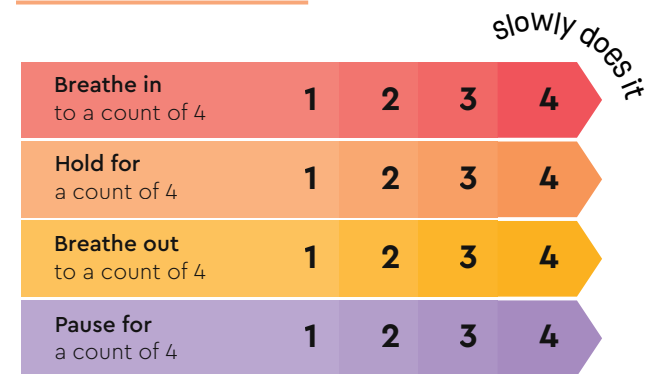
Box Breathing Exercise

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HERE FOR YOU



Breathing changes how we feel. Taking deep, slow, breaths signals to our body to calm, focus and reset. Practice in a quiet, comfy place. Breathe in through your nose, and out through your mouth - nice and slow.

If you'd like to practice with a real person – call the free, national, 0800 ANXIETY (0800 269 438) Helpline. To watch a video of this exercise follow the QR code.



Anxiety NZ is a registered charity supporting mental health and wellbeing in Aotearoa

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Guidance for Use

Breathing changes how we feel. Taking deep, slow, breaths signals to our body to calm, focus and reset. Practice in a quiet, comfy place. Breathe in through your nose, and out through your mouth - nice and slow. You may like to practice this for a few minutes, a few times a day.


These cards were designed for you to take where you need them. Pop them in your wallet, desk, notice board - wherever suits.

If you need immediate support with anxiety you can call the free, national 0800 ANXIETY helpline.

If you need ongoing support with anxiety, please see your general practitioner.

These cards are for you to download, print and use as you need. You may give a copy of your printed cards to your friends, family, students, colleagues etc.

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 You may not:

- Share the digital file with others
- Upload or redistribute the cards online
- Use them for commercial resale

Print Instructions

You can print them as they are on A4 paper. It is recommended you use a thicker paper stock, such as 160 GSM paper (available from many local stores). Or print on regular paper and laminate them for durability. You may also like to print them onto sticker paper. You may also like to send them to your local professional printer. You can choose if you'd like to print double-sided so you have the instructions on the card for future use.