

# Box Breathing and Prolepsis

Post by “kochiekoch” of December 2, 2024 at 9:32 AM

Hi all! 😊

Something interesting I stumbled across researching breathing techniques for stress reduction, focus and relaxation.

Years ago, I became aware of a method called 'square breathing', but it is also known as 'box breathing', and I decided to look into it.

One of the things that makes this method effective is its use of the brain's 'pattern recognition' abilities, what we have been calling 'prolepsis' here.

From the article:

>>Often called “square breathing” or “tactical breathing,” box breathing anchors your mind to your breath as a form of intentional cadence breathing. Each side of the “box” represents one motion — inhale, hold, exhale, hold — and each lasts for four seconds. According to [Bob Soulliere](#), an L2 [Wim Hoff Method Instructor](#), the secret to box breathing, and any other kind of cadence breathing, is its repetitive nature.

“Because the brain is a pattern-recognition machine, when you give it a pattern, it pays attention. It says, ‘I’m taking control.’ This immediately [calms](#) the central nervous system,” Soulliere says.<<

Enjoy! 😊

[Box Breathing: Techniques, Exercises & GIFs | Sleep.com](#)