



**Breathing is one of the most important things you can do to control your anxiety and stress.**

**Law Enforcement has been using tactical breathing techniques for years.**

**Officers rely on these techniques to reduce stress and calm themselves down in crises.**

**Other names for this technique are: Combat Breathing, Square Breathing, 4X4 Breathing**

**Here is how it works:**

**Sit down with hands in lap, breath in slowly for 4 seconds, hold that breath for 4 seconds, exhale that breath for 4 seconds and pause for 4 seconds then repeat 4 - 5 times.**

**Benefits of Tactical Breathing (when done correctly):**

- **Regulates autonomic nervous system (ANS)**
- **Lowers blood pressure**
- **Provides a sense of calm**
- **Enhances the cardio-inhibitory response of the vagus nerve**
- **Stimulates your parasympathetic system**
- **Gives a relaxed feeling in the mind and body**
- **Improves your mood**
- **Reduces stress**
- **Treats insomnia**
- **Helps manage pain**