



Mindful Moment: Breathing for Balance



Stress has a way of pulling us out of the present moment. Sometimes the fastest way to regain a sense of calm is to return to something we do every day without thinking: **breathing**.

Intentional breathing helps slow the body's stress response and signals the nervous system that it is safe to relax. Even a minute or two of focused breathing can help reduce tension, improve concentration, and create a greater sense of balance during a busy day.

One simple technique to try is box breathing:

- Inhale slowly for 4 seconds
- Hold your breath for 4 seconds
- Exhale slowly for 4 seconds
- Hold again for 4 seconds

Repeat this cycle a few times while relaxing your shoulders and unclenching your jaw.

You can practice breathing exercises anywhere: before a meeting, during a stressful moment, while sitting in traffic, or before going to sleep. The goal is not to clear your mind completely, but to gently bring your attention back to the present.

Small mindful moments throughout the day can have a powerful impact over time. Sometimes balance begins with a single breath.