

Combat Tactical Breathing

This technique, known as combat or tactical breathing, is an excellent way to reduce your stress and calm down. This breathing strategy has been used by first responders, the military and athletes to focus, gain control and manage stress. In addition, it appears to help control worry and nervousness.

Relax yourself by taking 3 to 5 breaths as described below. Visualize each number as you count.

Breathe in counting 1, 2, 3, 4

Stop and hold your breath counting 1, 2, 3, 4

Exhale counting 1, 2, 3, 4

Repeat the breathing

Breath in counting 1, 2, 3, 4

Pause and hold your breathe counting 1, 2, 3, 4

Exhale counting 1, 2, 3, 4

