

CONTROL
THE BREATH.
CONTROL
THE OUTCOME.

BOX BREATHING

FOCUS
CONTROL
COMPOSURE

4-4-4-4 TACTICAL CALMING METHOD

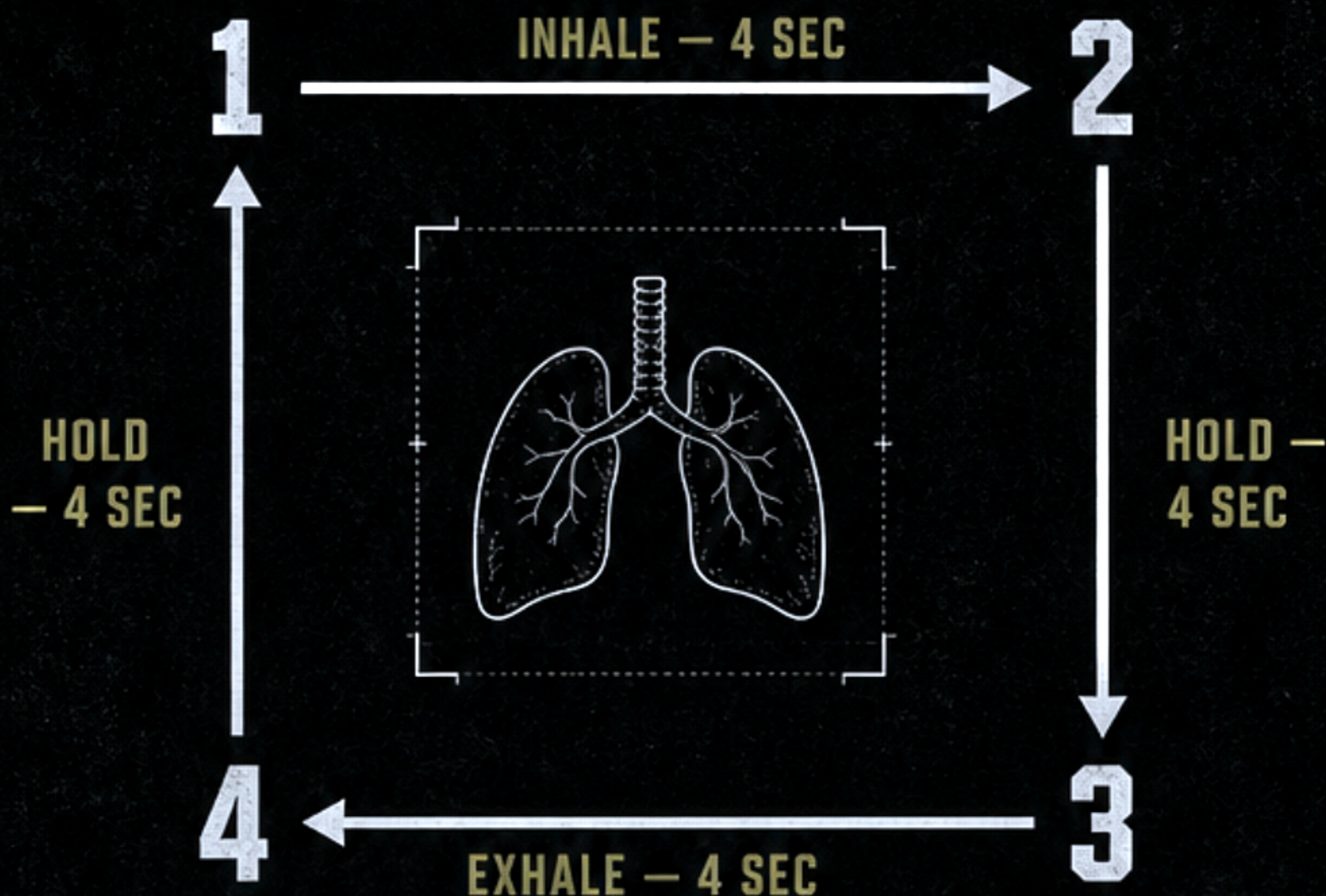
1 WHAT IT IS

A simple breath cycle used to reduce stress, steady attention, and regain control under pressure.

Commonly taught in military, law-enforcement, and high-stress performance settings.



2 THE 4-STEP CYCLE



3 HOW TO DO IT



Sit or stand upright.
Relax shoulders and jaw.



Breathe in through the nose
for 4 seconds.



Hold the breath
for 4 seconds.



Exhale slowly for 4 seconds,
then hold empty for 4 seconds.



Repeat 4 to 6 cycles.

4 WHEN TO USE IT



Before a high-stress task
or critical decision



After an adrenaline spike
or intense moment



To steady speech and
decision-making



To reset during surveillance,
security, or field work



To improve sleep and
wind down at night

5 WHY IT WORKS



Slows breathing rate
and heart rate



Lowers perceived
stress and anxiety



Improves focus
and composure



Activates the body's
natural relaxation
response

6 FIELD NOTES

- ✓ Keep the breath smooth, quiet, and not forced.
- ✓ Use the nose when possible.
- ✓ If 4 seconds feels too long, start at 3 seconds.
- ✓ Consistency matters more than intensity.
- ✓ Practice daily. It works best when trained.

7 COMMON MISTAKES



- ✗ Breathing too fast or shallow
- ✗ Tensing the neck or shoulders
- ✗ Forcing a deep inhale
- ✗ Holding the breath too long
- ✗ Stopping after one cycle

STAY CALM.
STAY READY.

★ CONTROL THE BREATH. CONTROL THE TEMPO. ★

[RDCTD]