

COMBAT STRESS LIKE A NAVY SEAL

Navy SEALs must stay calm in some of the most extreme scenarios imaginable. The key is learning to control the sympathetic nervous system, the body's flight-or-fight response. And there's no better way to do that than breath work. The go-to method for these special ops: box breathing.

1. Inhale deeply through the nose for a count of four.

2. Close the valve at the back of the throat and hold the breath for the same count.

3. Release for four seconds.

4. Close the box by counting to four once again before inhaling.

5. Repeat.

