

## **Reclaiming Breath: Tethering Thoughts**

My ADHD is a disability that formed before I took my first breath. I have not done much breathing, at least not on my own terms. I foolishly assumed the process only worked on autopilot, excluding my conscious capacity. I used to unquestionably believe that breathing ran on my biological clock and, therefore, lay outside of my control. My ADHD has cursed me to relive traumatic thoughts repeatedly. My suffering could only be quelled by box breathing. Inhaling through my nose for four seconds. The air filled my belly. I held my air baby for four seconds. Expanded state. I slowly exhale through my mouth for four seconds. Bodily tensions loosen up. Positive energy radiates from me. I repeat the box breathing, soothing my soul exponentially every time. I box breathe in the bathroom. I box breathe in my bedroom. I box breathe during an exam. Box breathing is my first act when I wake up in the morning. Box breathing is my lifestyle. It centers me.