



SQUARE BREATHING

INSTRUCTIONS:

- Sit or lie down in a comfortable position.
- Close your eyes and begin to focus on your breathing.
- **Inhale for the count of 4.**
- **Hold for the count of 4.**
- **Exhale for the count of 4.**
- **Hold it out for the count of 4.**
- Repeat the cycle
- Continue for at least 4 cycles.

TIPS:

- Be sure to draw out the inhale and exhale so it fills the full four counts
- Relax! Try not to hold much tension in your face, chest or head. Allow yourself to relax in all phases of the breath.
- If it's too hard to use 4 as the counting number, use 3 or 2.
- To help focus, hear and visualize the numbers as you count them

EXPLANATION:

Square Breathing is an effective breath exercise to combat feelings of worry, anxiety and panic. It regulates the breath and heart rate, alleviates tension and feelings of confusion and panic and brings a general sense of peace and order to the mind and body.