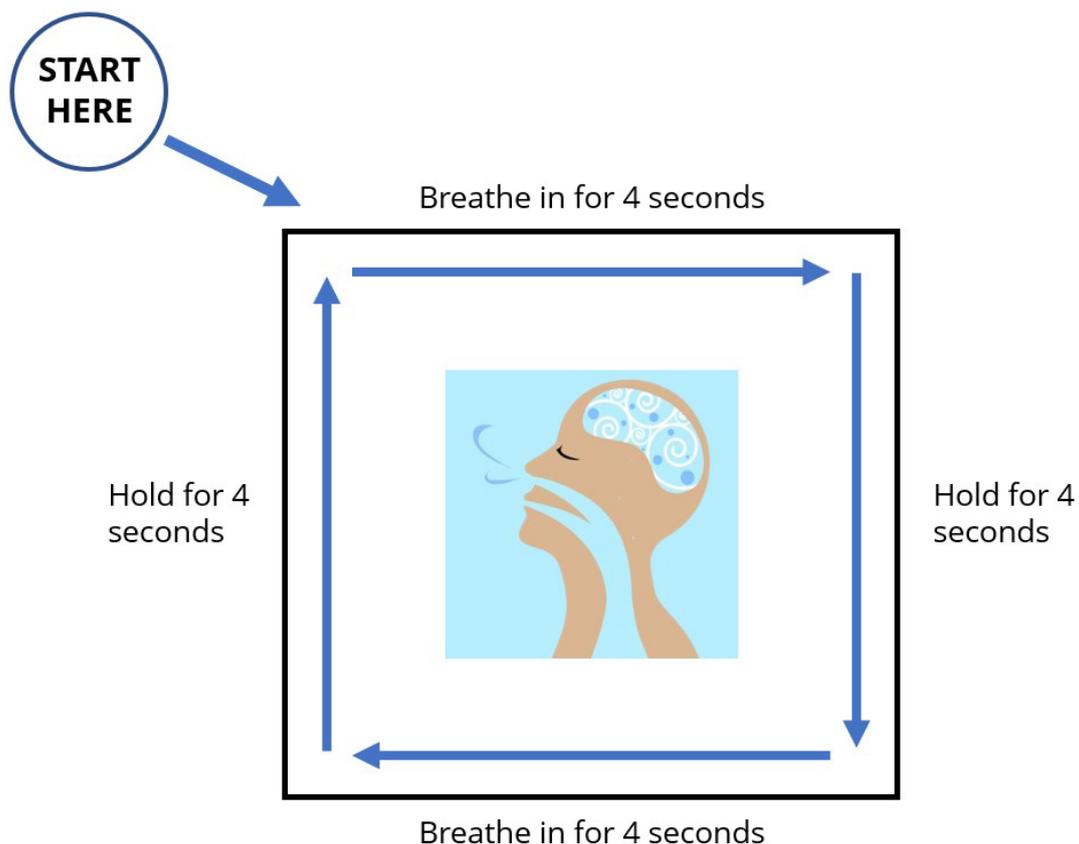


Relaxed breathing practice

Square breathing (or box breathing) can help calm your nervous system and reduce stress in your body. It can be practiced anywhere! Here are the steps:

1. Begin by slowly exhaling all of your air out
2. Gently inhale through your nose, slowly counting to 4
3. Hold for a count of 4
4. Gently exhale through your mouth, slowly counting to 4
5. Hold for a count of 4

Many people find it helpful to follow the edges of a square with your eyes or finger, as you breathe. You can imagine a square in your mind or find something like a book or window to concentrate on.



When you are learning a new skill, it can be helpful to practice this regularly for a few minutes at a time. As it becomes more familiar, you might feel able to use it in more stressful situations.