

Square Breathing

Step 1: Sit in a quiet space with both feet on the floor. Or sit however you can, or lie down on the floor. It is better to figure out how to do the breathing activity comfortably than not do it at all because you think you are not doing it “right.”

Step 2: Close your eyes if it feels okay to do so. In your head imagine drawing a square in the air with your finger.

Step 3: Breathe in slowly through your nose while counting to four.

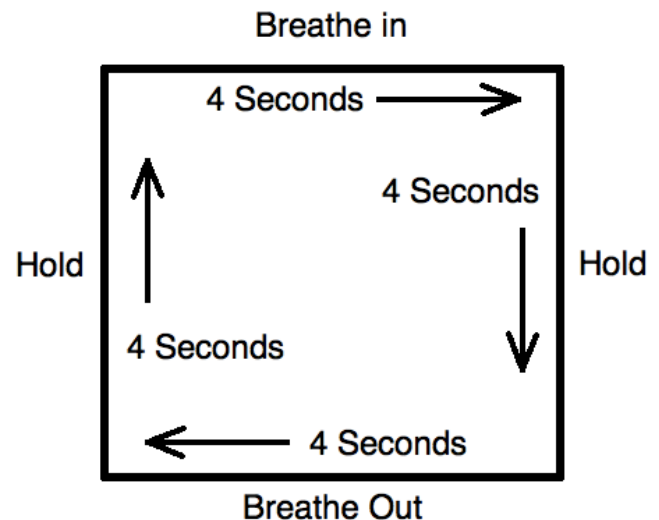
Step 4: Hold your breath while counting to four.

Step 5: Breathe out slowly through your nose while counting to four.

Step 6: Hold your breath while counting to four.

Step 7: If you notice you are gasping for air at the end of the last count of four, you can switch to a triangle:

- a. breathe in for 4 seconds
- b. hold breath for 4 seconds
- c. breathe out for 4 seconds



Step 8: Repeat as many times as you would like

Step 9: If you find you start thinking about something else and lose count of your breathing that is okay! Our minds wander a lot. Just start again, be gentle with yourself.

Step 10: Smile in your whole body. Continue with your day!

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