



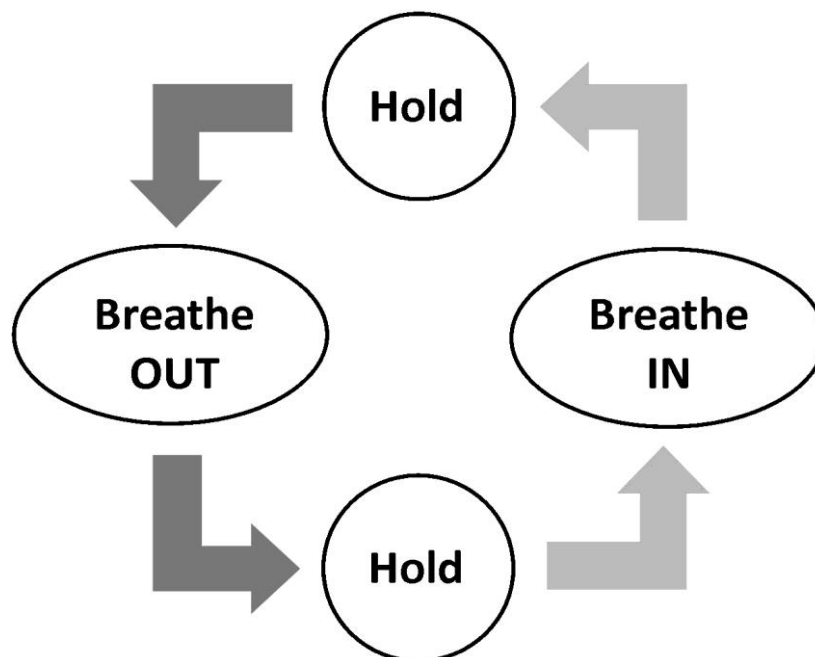
Square/Box Breathing

Square/Box Breathing Exercise that allows the brain to re-calibrate.

Think about an issue or decision that causes you some stress or anxiety and keep it in mind while you follow this routine.

To the count of 4:

- Breathe slowly in.
- Hold your breath.
- Breathe slowly out.
- Hold your breath.



Repeat this sequence 5-7 times, then think again about the issue. It will have lost its intensity. In the moments when you hold your breath, the brain re-calibrates and relaxes - allowing new thoughts and clearer focus.