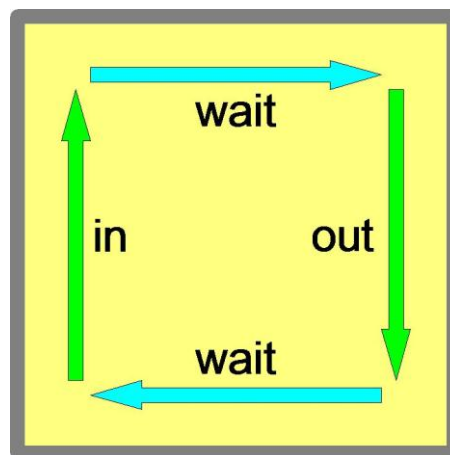


## Square Breathing to reduce anxiety

This technique is a simple and effective way to reduce your feelings of stress and anxiety.

- **Breathe in for a count of 4**
- **Hold your breath for a count of 4**
- **Breathe out for a count of 4**
- **Wait for a count of 4**

Repeat the cycle several times.



### Tips:

- Breathe in through your nose.
- When you breathe out you can use either your mouth or nose. You can also breathe out through your pursed lips as if you are whistling.
- Make sure that you use your diaphragm and abdomen to breathe rather than breathing with your chest – it is more efficient and more relaxing.
- Try and increase the time taken to a count of 5. Breathe out for at least the same time length of time as you breathe in. You can always breathe **out** slower and longer.
- You can put your finger on the square and follow it round as you count to 4. You can simply visualise the square and follow the outline with your eyes. Having something for your eyes to focus on also helps you to relax.
- When sitting in a waiting room you should be able to find square ceiling tiles or other squares to visualise with.
- If you are often in a state of high anxiety then practise using this technique twice a day for 5 to 10 minutes.



Warning! If you suffer from asthma or any other condition that affects your breathing make sure that you check with your doctor before doing this exercise.