

Square breathing for calmness

Square breathing, also known as box breathing, is a simple technique to help calm your nervous system and reduce feelings of stress and anxiety.



How to get started

- Sit somewhere quiet and comfortable.
- Count to four for each side of the square.
- Tap your fingers to your thumb to count along.
- Repeat for five minutes to help your body relax.

Breathe deeply through your nose and into your belly to help you relax.

