Square breathing (also known as “box breathing”) is a technique for deep breathing, which has been shown to help relax the nervous system.

Deep breathing helps aid the body in many functions such as:

➔ Calming and regulate the nervous system
➔ Help the body cope with stress
➔ Ease panic and worry
➔ Bring more oxygen to the body

Tips:

➔ If 4 seconds for each side of the square is too much, you can use 2 or 3 to help you get the hang of it!
➔ Try saying the numbers in your head if it is hard to find the beat
➔ Get comfortable! It is easier to relax and breathe when your body is in a relaxed and comfortable position.

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1 Jha, Acharya, & Nepal, 2018