



Square breathing (also known as “box breathing”) is a technique for deep breathing, which has been shown to help relax the nervous system<sup>1</sup>.

**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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<sup>1</sup> Jha, Acharya, & Nepal, 2018