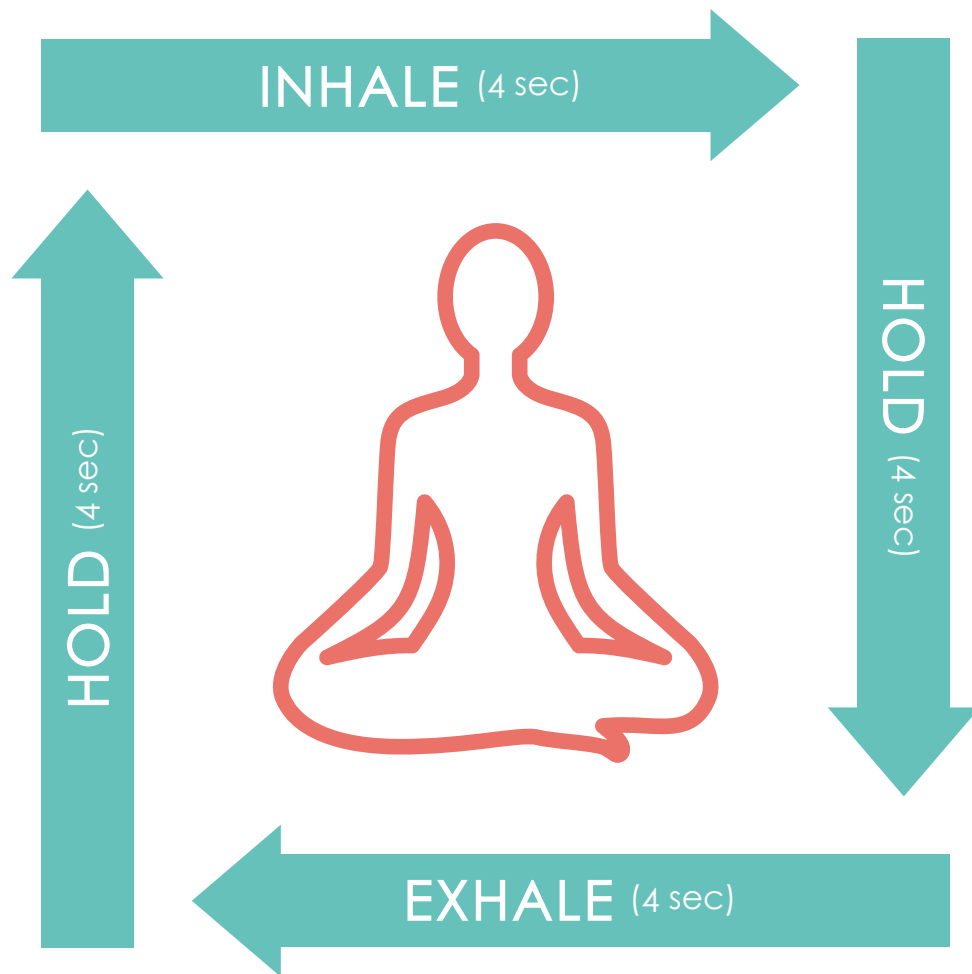


Square/Box Breathing Exercise

Great for calming, lowering anxiety, reducing stress. Even 2 minutes will make a difference.



FOLLOW THESE SIMPLE STEPS:

1. Sit upright and slowly exhale getting all the oxygen out of your lungs. Be conscious of what you are doing.
2. Inhale slowly and deeply through the nose for four counts. Count to four slowly in your head as you fill the lungs, one section at a time. Notice the air moving to the bottom of the lungs and into the abdomen.
3. Hold your breath here for another slow four count.
4. Exhale through your mouth for the same slow count of four. Letting all the air out of your lungs as your abdomen sinks in. Be conscious of this feeling.
5. Hold your breath for another slow four count before repeating the process.
6. Begin again by inhaling slowly through the nose and repeat.



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