

4-Square Breathing

The 4-Square Breathing Technique, also known as Box Breathing, is a simple and effective method to manage stress and promote relaxation. It involves a four-step process where each step corresponds to a specific count, creating a square pattern.

Here's a guide on how to practice the 4-Square Breathing Technique:

Find a Comfortable Position: Sit or lie down in a comfortable position. Close your eyes if you feel comfortable doing so, and place your hands on your lap or knees.

Inhale (Count of 4): Inhale slowly and deeply through your nose, counting to four in your mind. Feel the air filling your lungs and expanding your chest.

Hold (Count of 4): Once you've inhaled completely, hold your breath for a count of four. Focus on keeping your breath steady and your body relaxed during this pause.

Exhale (Count of 4): Begin to exhale slowly and completely through your mouth, counting to four. Feel the tension leaving your body as you release the breath.

Pause (Count of 4): After exhaling, pause and hold your breath out for another count of four. Use this moment to relax and prepare for the next inhalation.

Repeat: Continue this 4-square breathing pattern for several cycles, gradually increasing the duration if comfortable. As you become more familiar with the technique, you may choose to extend the count to 5 or 6 for a deeper practice.

Maintain a Rhythmic Pace: Try to maintain a smooth and rhythmic pace throughout the process. The goal is to create a sense of calm and balance by regulating your breath and focusing your mind.

Remember that breathing techniques are personal, and it's essential to find a rhythm and count that feels comfortable for you. Adjust the duration based on your comfort level, and practice regularly to experience the full benefits of this relaxation technique.