

SQUARE BREATHING

Square breathing is also known as **BOX BREATHING**.

It has been positively associated with everything from better sleep and improved heart health to reduced anxiety and depression.

It has four main parts: **INHALE, HOLD, EXHALE, HOLD**.

It is useful for helping people breathe deeper and better overall. It is also a powerful stress reliever and an excellent way to calm down a worried and anxiety-filled mind.

Anyone can practice this exercise, from beginners to meditation and mindfulness practice.

GETTING READY LET'S BEGIN

Box breathing can be practiced anywhere, anytime, but it's best to do the first breathing practice at a designated time and place.

Find a quiet place where you won't be disturbed. You'll just need 5 to 10 minutes to focus.

Get seated in a good position, where back is straight, your shoulders are down, hand in lap, one on top of the other and palms up. If you're seated on the floor or on a cushion with your legs crossed, you can place your hand palms up on both of your knees. You can also gently close your eyes, if you like. Or, softly focus on something approximately 3 to 5 feet down and in front of you.

Breathe out all of the air out of your lungs.

STEP 1

Breathe in through the nose to a count of four, lungs should be completely full of air.

STEP 2

Hold the air in your lungs for a count of four.

STEP 3

Breathe out through the mouth to a count of four, all of the air should be out of your lungs.

STEP 4

Hold the lungs in an empty state for a count of four.

STEP 5

Repeat steps one to four for a total of at least 5 minutes. You can increase the count to 8.

BENEFITS

GOOD WAY TO INSTANTLY REDUCE STRESS.

PERFECT WAY TO START A REFLEXOLOGY TREATMENT.

HELPS REGULATE THE NERVOUS SYSTEM.

IT CAN LOWER BLOOD PRESSURE OVER TIME.

USEFUL TECHNIQUE TO TREAT INSOMNIA.

RELAXATION MATTERS

