

# Four Square Breathing

**Aim:** The aim is to take a few deep breaths and create a moment to pause. It also helps the brain and muscles to get more oxygen so you may feel a bit less tense and think a bit more clearly.

## Instructions:

- Begin by getting comfortable, close your eyes if you like.
- Trace the four sides of a square in your mind as you count.
- Breathe in to the count of four.
- Hold your breath to the count of four.
- Breathe out to the count of four.
- Hold your breath out to the count of four.
- Continue focusing on the breath and the count of four.
- Repeat the same process until you reach a more relaxed state.

