



Square Breathing

Square breathing slows your heart rate, calms your nervous system, and helps reset your brain when emotions spike.

How to Practice

1. Trace the sides of the square with your finger.
2. As you trace:
 - Inhale for 4 (up the left side)
 - Hold for 4 (across the top)
 - Exhale for 4 (down the right side)
 - Hold for 4 (across the bottom)
3. Repeat for at least 4 rounds.

