



SQUARE BREATHING

CALMING & REFOCUSING STRATEGIES

HOW-TO DIRECTIONS

Procedure

- Use good posture with feet flat on the floor and hands resting palm up
- Inhale through your nose for a slow count to four
- Hold your breath for a slow count to four
- Exhale through your mouth for a slow count to four
- Repeat for a set number of repetitions, amount of time, or until you are feeling calm and refocused

Modifications

- Sit comfortably in a chair, on the floor, or stand
- Increase or decrease the count as needed
- Breathe in and out slowly without holding breath



VIRGINIA
Chief Movement Officer


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