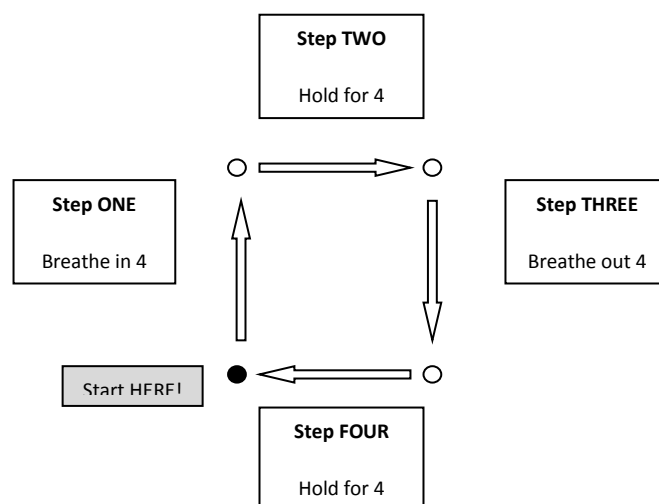


Square breathing

This exercise is particularly useful when you hyperventilate. It allows you to control your breathing by instructing your lungs to breathe in, hold, and breathe out in a rhythmic fashion.

Utilising the basic steps of conscious breathing, have participants visualise drawing a square, with each side of the square represented by inhalation, brief hold, exhalation, and then brief hold.



1. *Breathe in... 2... 3... 4... hold... 2... 3... 4... out... 2... 3... 4... hold... 2... 3... 4...*
2. *Again, breathe in... 2... 3... 4... hold... 2... 3... 4... out... 2... 3... 4... hold... 2... 3... 4...*
3. *Repeat for eight cycles.*

It is most effective if you initially practice square breathing every day for a week before you practice any other breathing relaxation exercises. Once well learned, you should practice this exercise several times a day.