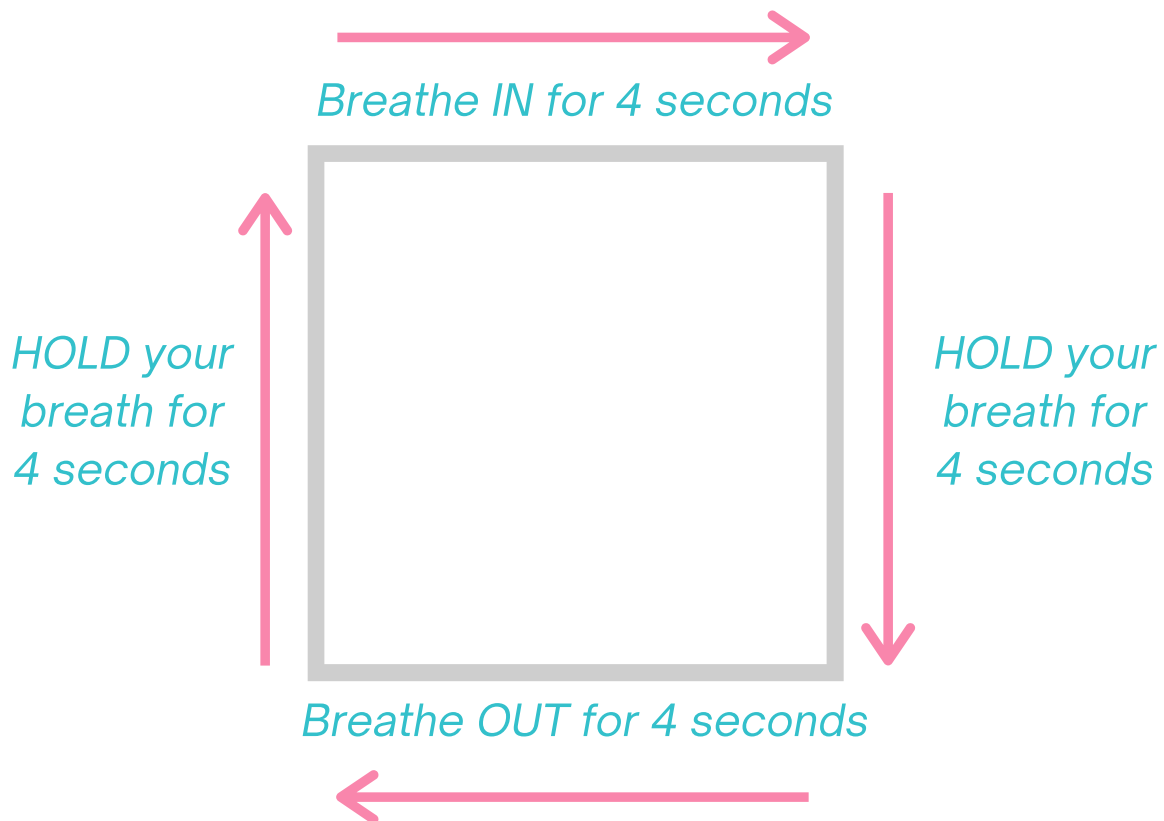


SQUARE BREATHING

Feeling anxious or nervous? Try using **Square Breathing** to help settle your nervous system and reset your mind.

Tips on using Square Breathing:

- Don't start using this skill for the first time during a moment of panic; wait until you have practiced and have the hang of it
- Try it before bed, or after you wake up
- The first few cycles you may feel out of breath; try letting your breath in and out very gradually, as though you are slowly letting air out of a balloon



Note: if the timing below feels too long, feel free to start with 2 or 3 seconds on each side, and work your way up. Try repeating this cycle 5-10x, or until you notice a shift.