

BOX BREATHING EXERCISE

MINDFUL BREATHING CAN HELP YOU FEEL BETTER AND PROMOTE A SENSE OF CALM AND RELAXATION. TRY THIS EXAMPLE, CALLED **'BOX BREATHING'**.

1. VISUALIZE THE OUTLINE OF A SQUARE IN YOUR MIND



2. INHALE SLOWLY THROUGH YOUR NOSE WHILE COUNTING TO 4, WHILE IMAGINING TRACING THE FIRST SIDE OF THE SQUARE



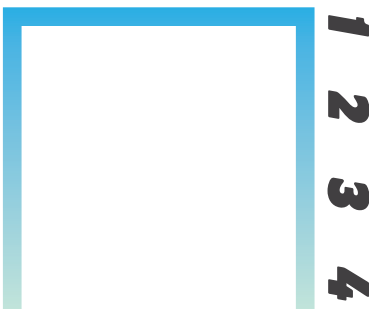
INHALE

3. HOLD YOUR BREATH FOR A COUNT OF 4 AS YOU TRACE THE SECOND SIDE OF THE SQUARE



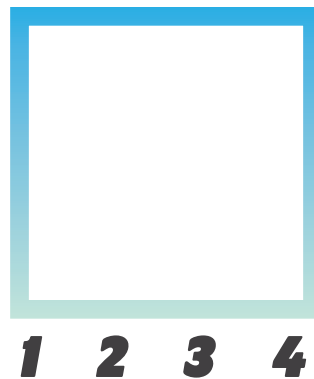
HOLD

4. EXHALE THROUGH YOUR NOSE OR MOUTH FOR A COUNT OF 4, TRACING THE THIRD SIDE



EXHALE

5. HOLD YOUR BREATH AGAIN FOR A COUNT OF 4, COMPLETING THE SQUARE



HOLD

6. REPEAT THIS PATTERN FOR A FEW MINUTES, FOCUSING ON THE SQUARE VISUALIZATION AND THE SENSATION OF YOUR BREATH



YOU CAN FIND VIDEOS OF THESE EXERCISES AND MORE AT WWW.LEGSGO.CO.UK