

Breathing Techniques

Breathing Techniques not only help manage mental health but also build a deeper awareness of your body and thoughts. Practicing regularly can bring about long-term benefits for emotional balance and clarity. The following are just two examples of breathing techniques:

Box (Square) Breathing:

Step 1: Inhale slowly for four counts

Step 2: Hold your breath for four counts

Step 3: Exhale slowly for four counts

Step 4: Hold again for four counts

Repeat steps 1-4 for five minutes, focusing on your breath and staying present in the moment.

Mindful Breathing:

Step 1: Find a comfortable position either sitting or lying down

Step 2: Take a few deep breaths to center yourself

Step 3: Focus on the sensation of the air entering and leaving your body. Notice the coolness of the inhale and the warmth of the exhale.

Step 4: If your mind starts to wander gently bring your focus back to your breath without any judgement.