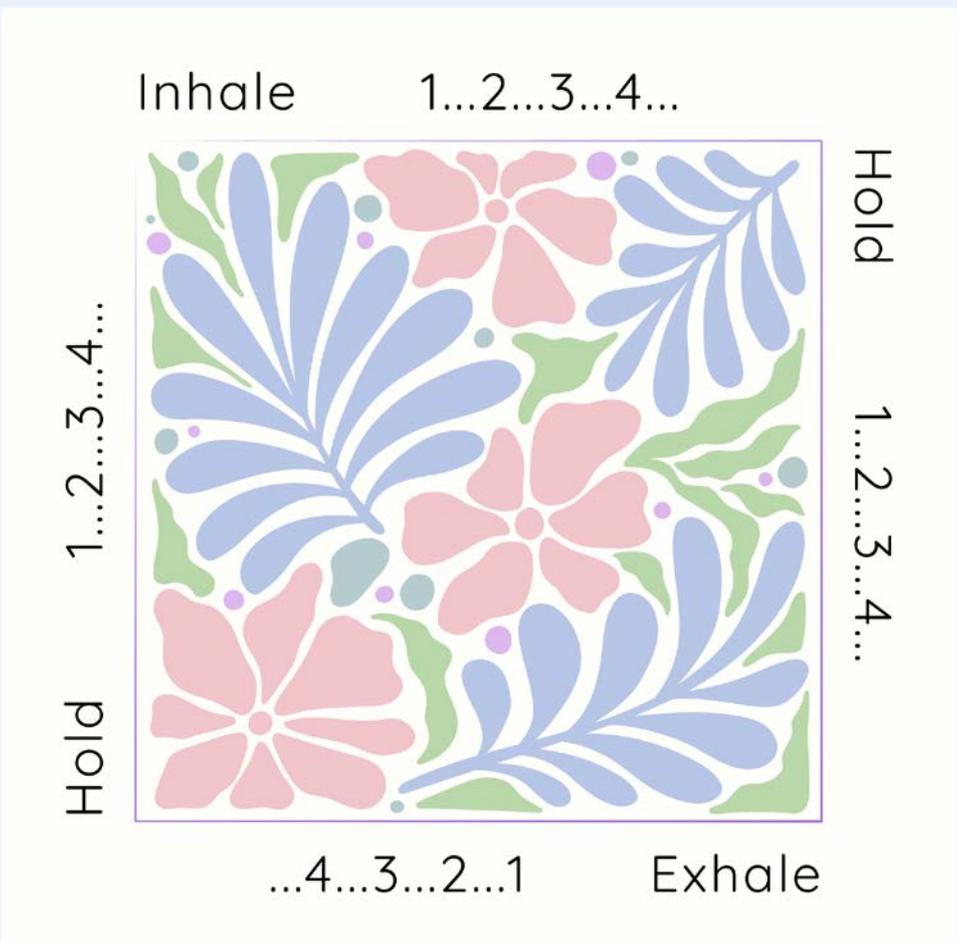


Square breathing (also known as “box breathing”) is a technique for deep breathing, which has been shown to help relax the nervous system¹.



The diagram illustrates the square breathing technique using a square frame with a floral pattern. The four sides of the square represent the four stages of the breathing cycle:

- Top side:** Inhale 1...2...3...4...
- Right side:** Hold 1...2...3...4...
- Bottom side:** Exhale ...4...3...2...1
- Left side:** Hold 1...2...3...4...

Below the diagram, a text box states: "Box breathing serves to calm the body and quiet the mind, returning your breathing pattern to a relaxed rhythm." At the bottom right of the diagram area, the copyright notice reads: "©2026 LightingWay Counselling & Therapy".

Deep breathing helps aid the body in many functions such as:

- Calming and regulate the nervous system
- Help the body cope with stress
- Ease panic and worry
- Bring more oxygen to the body

Tips:

- If 4 seconds for each side of the square is too much, you can use 2 or 3 to help you get the hang of it!
- Try saying the numbers in your head if it is hard to find the beat
- Get comfortable! It is easier to relax and breathe when your body is in a relaxed and comfortable position

¹ [Jha, Acharya & Nepal \(2018\)](#)