

Four Square Breathing Exercise

Find a quiet place where you can settle in and relax.

Close your eyes and begin this cycle of breathing:

Inhale for 4 seconds, **hold** for 4, **exhale** for 4, and **hold** for 4.

Repeat this flow 4 times, letting yourself sink deeper into relaxation with each round.

Take a few minutes to simply be with these sensations and reflections.

When you feel ready, come back into the room and write down your observations.



What thoughts come up?

What does it feel like in your body?

What is the predominant tone of your thoughts?
