

Four Square Breathing Meditation

First, sit in a comfortable position with your feet flat on the floor and relax your hands on your lap. You can overlap your hands, or lay separately with your palms facing up.

Now, close your eyes.

Sometimes it helps to visualize a square in your mind, as close your mouth and breath in slowly through your nose.

As you do this exercise, you can visualize each count of four being one side of the square.

Count to four as your inhale.

Breath in...two, three, four.

Now, hold your breath for a count of four.

Hold...two, three, four.

Then open your mouth slowly, and slowly exhale a count of four.

Out...two, three, four.

Now, hold the exhale to another count of four.

Pause...two, three, four.

Then, you can repeat this cycle.

Ideally, you should repeat this exercise for four minutes, but two or three times will be enough to help you achieve a relaxed state, relieve tension, and settle your nerves.