

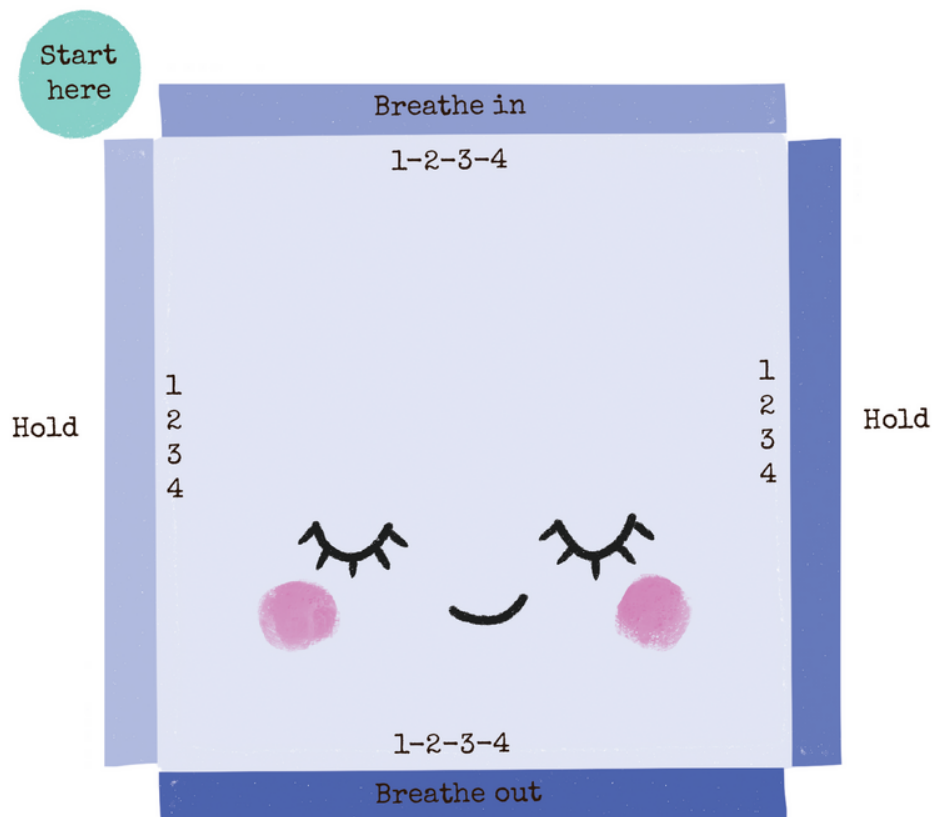
Box Breathing

Try turning ordinary tasks into mindfulness activities by simply drawing attention to the present moment, your breath, and the task at hand.



To perform the below box breathing activity, find a comfortable seated position and then follow the steps:

1. Find one corner of the square.
2. Trace your finger along the side of the square to the next corner while **breathing in** for 4 seconds.
3. Trace your finger along the side of the square to the next corner while **holding your breath** for 4 seconds.
4. Trace your finger along the side of the square to the next corner while **breathing out** for 4 seconds.
5. Trace your finger along the side of the square to the next corner while **holding your breath** for 4 seconds.
6. Repeat for 2-5 minutes.



Don't forget to use belly breathing (diaphragmatic breathing) when completing this activity!