

Coping Skill:

4-Square Breathing

Directions: This is a deep breathing technique that helps slow down your breathing by distracting your mind as you count to four. Slowing down your breathing also slows down how fast your heart is beating. A slower heart rate can help you feel calmer and more relaxed. In this technique, imagine that you are walking around a square. It takes you 4 seconds to walk along each side. As you imagine yourself walking along each side, you focus on slow deep breathing.

- FOR EXAMPLE:**
- 1st side you walk by: Take one deep breath over 4 seconds.
 - 2nd side you walk by: Hold your breath for 4 seconds.
 - 3rd side you walk by: Breathe out over 4 seconds.
 - 4th side you walk by: Take a break and repeat 3 more time.

