

TOUGH TALK TOOLKIT

BREATHING TOOLS - FROM STOP DROP BREATH



THE SQUARE

This breathing visualisation is useful for gaining perspective.

The Square

While doing the breathing exercise, visualise the shape in your mind. Count from 1-5 each time you inhale, hold, exhale, and hold.

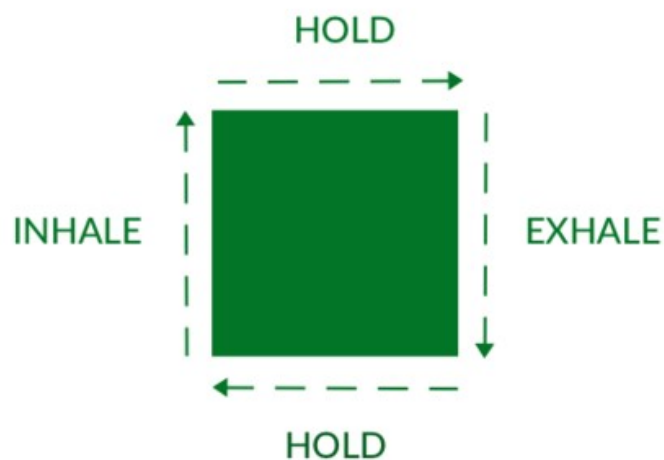
Inhale from the bottom of the square to the top.

Hold your breath across the top.

Exhale down.

Hold across the bottom.

Repeat as needed.



It's recommended to practice at a slow breathing pace. Whenever you feel life is overwhelming, or you'd like to slow down, give this a try.

It's also recommended that you *feel* your breath entering and leaving your body. Try focusing on the cool air as you inhale and the warmer air as you exhale.