

Stress Release and Emotional Expression with Grace from RhythmsOfGrace.com

Square Breathing

Think of your breath going in and out on sides of the square and the ends are “holding” —

- **Count to five and breathe in deeply.**
- **Count to five while holding your breath.**
- **Count to TEN while letting out your breath (the square is lopsided) and be sure to engage your diaphragm.**
- **Count to five on an empty lung state.**

Game of SHAKE IT OFF copyrighted by RhythmsOfGrace.com

At the beginning and the end we will do square breathing.

to play: you need two shakers, vitamin or medication bottles work great

1. square breathing, 3 cycles, remember the final sigh with your voice.
2. shake with a warm, happy feeling in your expression and with your mind on something that you wish you had more of
3. shake that feeling down through your whole body and out your feet, planted on the ground
4. shake with a frustrating feeling in your expression and with your mind on something or someone that has been an obstacle or challenge
5. shake that feeling down and out your feet, planted firmly on the ground
6. shake with a warm, happy feeling in your expression and with your thoughts going out with a wish for someone else or the world at large
7. shake that feeling down through your whole body, paying attention to every part of your body as you shake it off
8. square breathing to close. Remember the final sigh with your voice.

***Be sure to start with warm and happy feeling and end with something you hope for— Also warm and happy.**