

It is all in your Breath ~ Centered breathing, Peace at the top and bottom of each breath

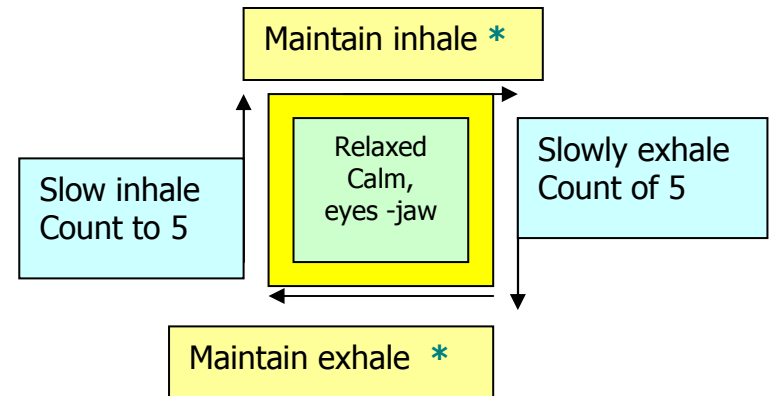
Create calm Adjusting your state of mind - Lower your anxiety

inhale #5 maintain #5 exhale #5 maintain #5

1. sit or stand up straight – lengthening your body
2. relax the face, eye rim, jaw, forehead, roll your shoulders back & down
3. exhale completely
 - a. Softly Slowly inhale to the count of #5
 - b. Softly **Maintain** the breath - **pause**, for a count of #5
 - c. Slowly exhale to the count of #5 (*as if through a straw*)
 - d. maintain the exhale **pause** for the count of #5

4. Repeat the breath squared cycle five times

inhale #5 maintain #5 exhale #5 maintain #5



* during the **pause**, look inside to the calm, the peace you have while you are not rushing the breath. And realize that every breath you take has that moment of calm, if you allow it, if you recognize it, if you accept it.

Can you feel it - Can you find it? Practice breath squared

Quick, shallow breaths will create more stress on your body ~ Long, slow , deep-breathing patterns will reduce stress and anxiety.

Knowing this, accepting it, practice it is up to you, this is a tool that is always there for you. No one can take it away, but you must apply it. Work with Breath squared often. Hourly, use the gift, do not deprive yourself of the calm the peace that exists at the top and bottom of every BREATH.

Stress relief / breathing

Yes stress can be released with breathing patterns

When you're mad – angry – upset your breathing is - deep fast & hard

When your stressed - short shallow breathes - **So find some peace - square your breath**

Then take note, of the effects – during the hold the maintaining of the breath, you can identify peacefulness inside.

It's there, find it, be aware and use it. To calm your mind, refocus, relax.

This simple breath tool can be used any time, practice it so you have it as a tool when you need it.

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