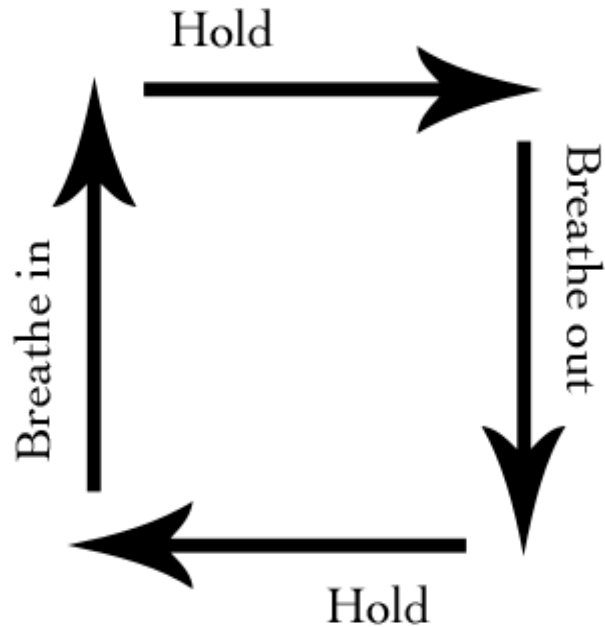




SQUARE BREATHING

A nice quick technique to use wherever you are. It can help you to focus if you practice square breathing while looking at a shape with four sides – like a window or door frame.



The more you practice relaxation, the easier it becomes.

You will be able to recognise tension building in your body and respond with relaxation and letting the tension go. This is a great pain management skill.