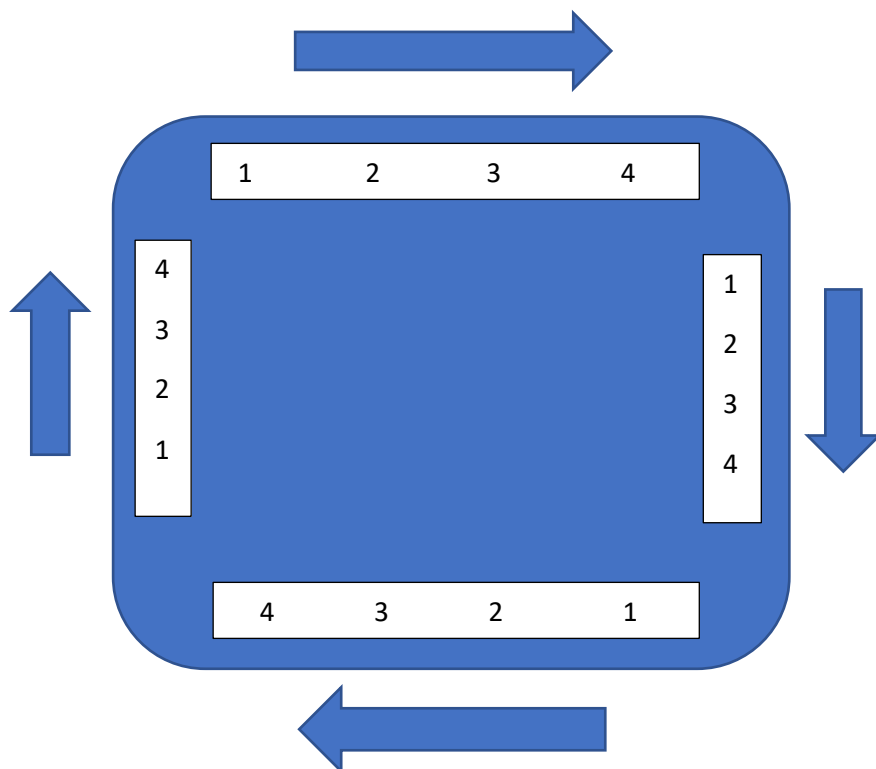


Psychoeducational Resources Website – Self-esteem

Deep Breathing Square

Breathing exercises can have a relaxing, calming effect and are a great grounding technique. You might find it useful to practice breathing exercises alongside the other self-esteem resources and exercises you can find on our website.



- Visualise a square in your mind
- Start at the top left of the square and take a deep breath in. Visualise the breath moving across to the top of the square until you reach the opposite end, counting to four
- Drop down the side of the square as you count to four breathing out
- Breath in again as you move along the bottom of the square and count to four
- Climb up the left side of the square as you breath out, counting to four
- Repeat the breathing square four times.