

DEEP BREATHING TECHNIQUE: BOX (SQUARE) BREATHING



Additional Tips, If Possible:

- Sit on a chair, with feet firmly on floor.
- Place one hand on your chest and one on your stomach.
- Ensure you are taking deep breaths, allowing your stomach to rise along with your chest.
- If 4 seconds is too much, start with 3 and practice.
- Practice regularly to encourage deep breathing daily.



Depression and Bipolar
Support Alliance
West Virginia
State Organization

WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.
For mood disorder support groups, visit DBSAWV.org or call 304-241-1862

