



## Empower Your Mind with Counselling

Explore your thoughts in a safe, affirming space.

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### Box Breathing (4-4-4-4)

*A structured breath to calm the nervous system*

Let's begin by sitting or lying down comfortably.

**Inhale** slowly through your nose to a count of **4...**

**Hold** the breath for a count of **4...**

**Exhale** slowly through your mouth for a count of **4...**

**Hold** the empty breath for a count of **4...**

Repeat this for four rounds.

As you do, feel your body soften.

#### **Disclaimer:**

These practices are intended to support your well-being, but they may not be right for everyone at all times. If at any point something feels overwhelming, unsafe, or "off" for you, please stop. Gently return to something that feels familiar and grounding, such as having a warm drink, wrapping yourself in a blanket, talking to a trusted person, or simply taking a moment to notice your surroundings. You know yourself best. Trust that.