

Triangle Breathing

Triangle breathing is a simple breathing technique that can help calm the mind and relax the body.

You can do this exercise by visualizing the triangle in your mind or tracing the triangle with your finger on paper:

- **Inhale:** Start by inhaling deeply and slowly through your nose. As you inhale, count to four in your mind as you visualize or trace the first side of the triangle.
- **Hold:** Once you've inhaled fully, hold your breath. Again, count to four, visualizing or tracing the second side of the triangle.
- **Exhale:** Now, exhale slowly and fully through your mouth, counting to four once more. As you do this, visualize or trace completing the triangle with the third side.

The idea is to imagine drawing a triangle with each complete breath cycle. This visualization helps in maintaining a rhythm and focus during the breathing exercise. Repeat this cycle for a few minutes, or as long as you feel comfortable. Triangle breathing is great for reducing stress, improving focus, and calming the mind before sleep or during moments of anxiety.

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