

Four Square or Box Breathing

Patience, or a sense of calm, is often hard to access when staring at messes. Both yoga and meditation use breathing to instill a sense of calm and reduce stress and blood pressure. That calm tranquility is the birthplace of patience.

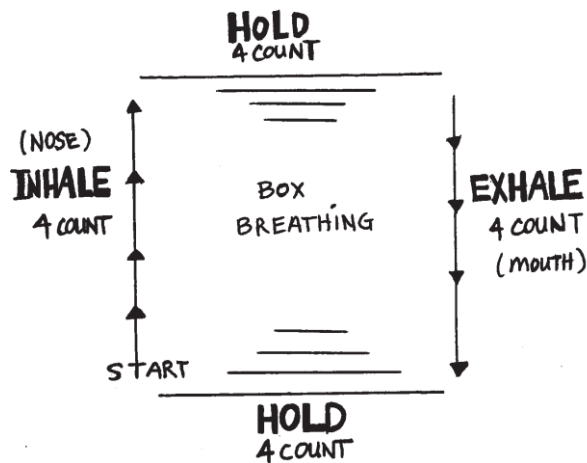
If at any time in life—decluttering or otherwise—you're having trouble reaching a calm state, try doing what is called "box breathing" or four-square breathing. Close your eyes. Practice:

Step 1: Breathe in to the count of four.

Step 2: Hold this breath to the count of four.

Step 3: Release all the air from your lungs to the count of four.

Step 4: Count to four before inhaling



While brushing your hair, walking the dog, or waiting in line, set a goal to box breathe five times today, every day. Add a mantra to repeat at each step.

"I am calm."

"I am patient."

"Everything is OK."

A cycle of five box breaths is the start to bringing calm, and ultimately patience.