Hello everyone and welcome to today’s Healthy Huddle Express for the EAP companies.

My name is Cortney Kleek and am the Senior Prevention Specialist with the agencies Prevention Department.

 Today I wanted to come on here and talk to you guys about a breathing technique that I often use with the students that am working with um and that is called square breathing.

 I often use this technique by myself to help myself relax and cope with everyday situations.

So how you would do that is you breathe in for four seconds. you hold that breathe for four seconds. you breathe out for four seconds and then you hold that breathe for four seconds.

 this is called square breathing like I said, also called 4x4 breathing and it just helps you re-center your breathing and helps you get in tune with yourself and relax. um if you have any questions on CFLR’s prevention services you can contact our agency at 315-733-1709.

 bye everyone.