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| *MILE Prehabilitation* |
| *Worksheet 7b: Four-Corner Breathing* |

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Grounding Exercise – Four-Corner Breathing

Hold

1 2 3 4

4

3

2

1

1

2

3

4

Breathe in

Breathe out

4 3 2 1

Hold

Instructions: If your rate of breathing has become rapid find something to look at which has four corners, such as the blue rectangle. Shift your focus from one corner to the next. As your gaze settles on each corner in turn, breathe out and count slowly to four before moving on to the next corner. You should notice the pace of your breathing slow