

The
Space
We
Make:

For Ourselves.

A breathing square to help
you create space in your day,
and in your mind.

A breathing square is a simple tool to help you pause, reset, and reconnect with your breath. Trace the outline with your finger, or just follow it with your eyes. Breathe in as you move along one side. Hold, breathe out, and pause as the design guides you. Repeat as needed.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



If You Are in Distress

If you are in distress, you can call or text 9-8-8 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.