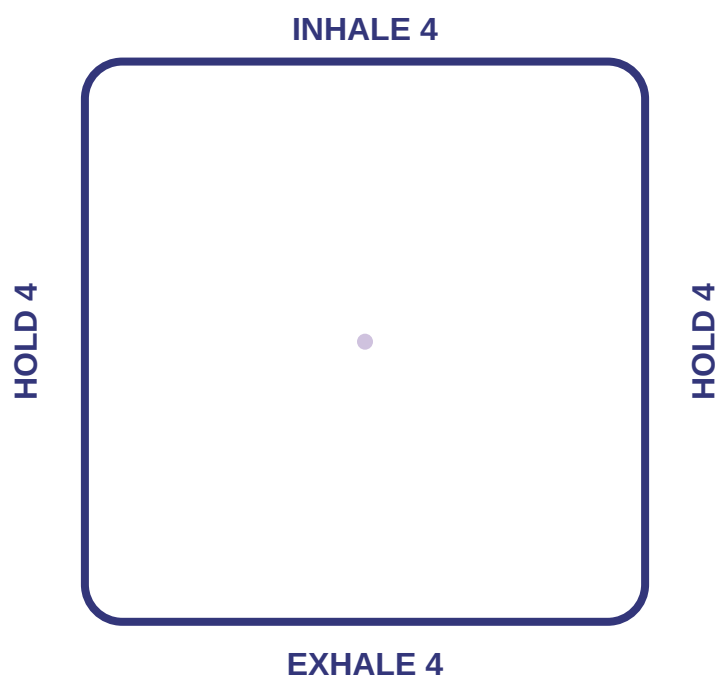


Breathing Techniques Guide

Breath is one of the few automatic body processes we can also control on purpose, which makes it a useful entry point when the nervous system feels overwhelmed. This guide walks through three different breathing techniques, so you can find the pattern that feels most steady for you.

Technique one: box breathing

An even, structured pattern that can help slow a racing heart rate and settle a busy mind.

**1****Breathe in slowly through your nose**

Count to four as you inhale.

4 seconds

2**Hold your breath gently**

Keep your shoulders and jaw relaxed while you hold.

4 seconds

3**Breathe out slowly through your mouth**

Let the exhale be longer and looser than the inhale felt.

4 seconds

4**Hold once more before repeating**

Then begin the next cycle from the top.

4 seconds

Repeat for four to six full cycles, or for as long as feels helpful.

Technique two: four seven eight breathing

A longer exhale relative to the inhale can further encourage the body to shift out of a stress response.

INHALE

4 sec

HOLD

7 sec

EXHALE

8 sec

1**Breathe in quietly through your nose**

Count to four.

*4 seconds***2****Hold your breath**

Count to seven, without straining.

*7 seconds***3****Breathe out completely through your mouth**

Let it take the full count, with a slight whooshing sound if that feels natural.

8 seconds

Try three or four cycles to begin with. This pattern can feel intense at first, so ease into it gently.

Technique three: belly breathing

This technique brings attention to the diaphragm rather than the chest, which can deepen and slow the breath naturally.

1**Place one hand on your chest and one on your belly**

This helps you notice which part of you is moving as you breathe.

2**Breathe in through your nose**

Let your belly rise while your chest stays relatively still.

*4 to 5 seconds***3****Breathe out slowly through your mouth**

Feel your belly fall gently as the air leaves.

*4 to 5 seconds***4****Continue at your own pace**

There is no need to count, simply notice the rise and fall.

*1 to 2 minutes***Which technique felt most helpful today?**
