

Breathing Exercise Guide

Three techniques for calm, focus, and nervous system regulation

“The breath is always available. It is your most portable tool for calm.”

Conscious breathing activates the parasympathetic nervous system — your body’s natural rest-and-digest response. These techniques are evidence-based and can be used anywhere, at any time.

Box Breathing (4 — 4 — 4 — 4)

Inhale for 4 counts · Hold for 4 · Exhale for 4 · Hold for 4. Repeat 4–6 times. Best for: stress, anxiety, pre-meeting nerves.

4–7–8 Breathing (4 — 7 — 8)

Inhale for 4 counts · Hold for 7 · Exhale slowly for 8. Repeat 4 times. Best for: falling asleep, acute anxiety, panic.

Physiological Sigh (double inhale + long exhale)

Take a normal inhale through the nose · Then add a short second sniff at the top · Exhale fully and slowly through the mouth. Repeat 2–3 times. Best for: immediate stress relief, most effective single breath technique.

MY BREATHING PRACTICE LOG

Date	Technique	Duration	How I felt after