

Breathing Exercises

Cheat Sheet



Four patterns that switch your nervous system from alarm to calm - with the timing drawn out, so there's nothing to memorize.

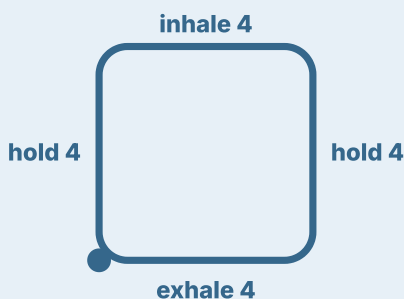
1 SIT OR STAND TALL

2 BREATHE LOW, INTO THE BELLY

3 EXHALES DO THE CALMING

1 Box Breathing

STEADY FOCUS UNDER STRESS • 2-5 MIN



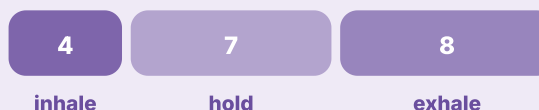
- Breathe around the square: in for 4, hold 4, out for 4, hold 4.
- Trace the sides with your eyes or a finger as you go.
- Used by military and first responders to stay sharp under pressure.

WHY IT WORKS

Equal counts and holds keep your breathing even and give a racing mind a shape to hold onto.

2 4-7-8 Breathing

WINDING DOWN • BEFORE SLEEP



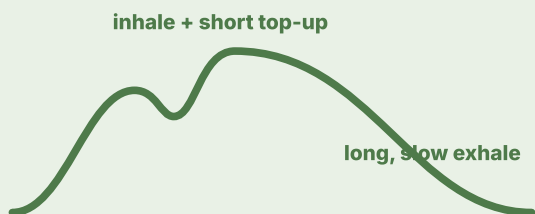
- In through the nose for 4, hold for 7, out through the mouth for 8.
- Rest the tongue behind your top front teeth; exhale with a soft whoosh.
- Four rounds is plenty. Dizzy? Shorten the counts, keep the ratio.

WHY IT WORKS

The long exhale and hold tip your nervous system toward rest-and-digest, which is why it's a bedtime favorite.

3 Physiological Sigh

FASTEST IN-THE-MOMENT RESET • 1 MIN



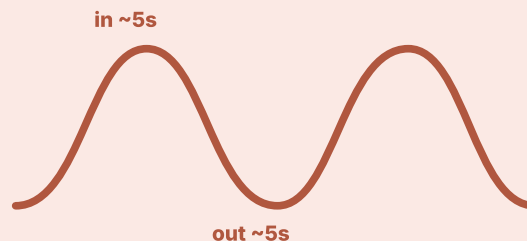
- Inhale through the nose, then sip in one more short breath at the top.
- Let it all out through the mouth, slow, until you're empty.
- Repeat 3-5 times. This is the quickest brake your body has.

WHY IT WORKS

The two-stage inhale pops lung air sacs open so the slow empty can offload carbon dioxide fast.

4 Coherent Breathing

DAILY BASELINE TRAINING • 5-10 MIN



- Breathe in for about 5 seconds, out for about 5. No holds, no effort.
- Smooth and quiet, like drawing slow waves with your breath.
- A few minutes daily trains your baseline - calmer between the storms, not just during.

WHY IT WORKS

Around five to six breaths per minute, heart rhythm and breath sync up - the pace where the calming reflex is strongest.