

A QUICK GUIDE:

BREATHE LIKE YOU MEAN IT



Box Breathing

Best for: Calming nerves, sharpening focus, hitting the reset button

1

1. Sit comfortably with your back straight.
2. Inhale thru your nose - 4 sec
3. Hold for 4 sec
4. Exhale thru your mouth - 4 sec
5. Hold again for 4 sec
6. Repeat for 4-6 rounds

Tip: Imagine drawing a square in your mind - Each side is one part of the breath.

Coherent Breathing

Best for: Balancing your nervous system, reducing stress, building resilience.

3

1. Sit or lie down comfortably
2. Inhale thru your nose - 5.5 sec
3. Exhale thru your nose - 5.5 sec
4. Continue this even, rhythmic breathing for at least 5 min.

Tip: Think "smooth and steady" — like ocean waves gently coming in and out.

2

4-7-8 Breathing

Best for: Relaxing before bed, lowering heart rate, easing tension

1. Place the tip of your tongue lightly against the roof of your mouth, behind your teeth.
2. Inhale quietly thru nose - 4 sec
3. Hold for 7 sec
4. Exhale audibly thru mouth - 8 sec
5. Repeat 4 cycles

Tip: This one might make you feel a little lightheaded at first — totally normal. Go slow.

Breath of Fire

Best for: Boosting energy, clearing mental fog, warming up the body.

4

1. Sit tall with your shoulders relaxed.
2. Close your mouth & breathe rapidly thru your nose. Focus on quick, strong exhales.
3. Let the inhales happen naturally
4. Aim for 2-3 breaths per sec. Start with 30 sec- up to 1-3 min

Tip: Keep your belly pumping — this is more about the exhale than the inhale.

✓ **Pro Tip for All Techniques:** Always breathe in a way that feels safe and comfortable. If you get dizzy or lightheaded, pause and return to your normal breathing.