

EXHALE BREATHWORK EXPERIENCE

Your Nervous System *Reset Toolkit*

Practical tools you can use anytime, to calm down, wake up, or just come back to yourself.

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Breathing Techniques

Thirteen techniques ranging from instant calm to full activation. Use what your body is asking for.

Cyclic Sighing

BEST FOR: RAPID STRESS RELIEF AND IMMEDIATE CALM

How to do it:

1. Take a deep, full breath in through your nose.
2. At the very top, take a second sharp inhale to fully expand your lungs.
3. Let out a long, slow sighing exhale through your mouth.

Duration: 3 to 5 minutes

4-7-8 Breathing

BEST FOR: DEEP RELAXATION, EASING ANXIETY, PREPARING FOR SLEEP

How to do it:

1. Inhale quietly through your nose for a count of 4.
2. Hold your breath gently at the top for a count of 7.
3. Exhale completely through your mouth with a soft "whoosh" sound for a count of 8.

Duration: Repeat for 4 full breath cycles

Box Breathing

BEST FOR: CLEARING MENTAL FOG, GROUNDING YOURSELF, BUILDING FOCUS

How to do it:

1. Inhale through your nose for a count of 4.
2. Hold your breath calmly for a count of 4.
3. Exhale smoothly through your mouth for a count of 4.
4. Hold your lungs empty for a count of 4 before the next inhale.

Duration: 3 to 4 rounds

Diaphragmatic (Belly) Breathing

BEST FOR: LOWERING HEART RATE AND ENCOURAGING DEEP, EFFICIENT OXYGEN EXCHANGE

How to do it:

1. Place one hand on your chest and the other on your belly.
2. Inhale deeply through your nose, feeling your belly expand outward while your chest stays relatively still.
3. Exhale slowly and steadily through pursed lips, allowing your belly to fall back inward.

Duration: 5 to 10 minutes

Pursed Lip Breathing

BEST FOR: SLOWING RAPID BREATHING AND CONTROLLING SHORT-TERM SHORTNESS OF BREATH

How to do it:

1. Inhale slowly through your nose for 2 seconds with your mouth closed.

2. Pucker or purse your lips as if you were about to whistle or gently blow out a candle.
3. Exhale very slowly and softly through your pursed lips for a count of 4 or more.

Duration: 5 to 10 minutes

Resonance (Coherent) Breathing

BEST FOR: BALANCING THE NERVOUS SYSTEM, REDUCING STRESS LONG-TERM

How to do it:

1. Inhale through your nose for a slow count of 5.
2. Exhale through your nose or mouth for a slow count of 5.
3. Keep the rhythm even and relaxed. No pauses, no force.

Duration: 5 to 20 minutes. Even 5 minutes creates a measurable shift.

Extended Exhale

BEST FOR: FAST ANXIETY RELIEF, CALMING A RACING MIND

How to do it:

1. Inhale through your nose for a count of 4.
2. Exhale slowly through your mouth for a count of 8.
3. Let the exhale be effortless. No forcing or pushing.

Duration: Repeat for 5 to 10 cycles. Works quickly, you'll feel it within a few breaths.

Alternate Nostril Breathing

BEST FOR: BALANCE, MENTAL CLARITY, CALMING THE NERVOUS SYSTEM

How to do it:

1. Use your right thumb to close your right nostril. Inhale through your left nostril for a count of 4.
2. Close both nostrils and hold briefly.
3. Release your thumb and exhale through your right nostril for a count of 4.
4. Inhale through the right nostril, then switch and exhale through the left. That's one cycle.

Duration: 5 to 10 cycles

Stimulating Breath (Bellows Breath)

BEST FOR: BOOSTING ENERGY, SHAKING OFF MENTAL SLUGGISHNESS, ACTIVATING THE BODY

How to do it:

1. Sit upright. Relax your jaw and shoulders.
2. Inhale and exhale rapidly through your nose in short, equal bursts, about one breath cycle per second.
3. Keep your chest relatively still and let the movement come from your diaphragm.
4. Start with 10 to 15 cycles, then breathe normally and notice the shift.

Duration: 3 rounds of 10 to 15 cycles, with a normal breath rest between each

Note: This is an activating practice. Avoid if you are pregnant, have high blood pressure, or are prone to panic. Start slow and stop if you feel dizzy.

Connected Breathing

BEST FOR: DEEP ACTIVATION, EMOTIONAL RELEASE, MOVING PAST MENTAL RESISTANCE

How to do it:

1. Inhale through the mouth or nose, moving directly into the exhale with no pause in between.
2. Keep the rhythm continuous. There is no gap at the top or bottom of the breath.
3. Let the breath move at a steady, slightly faster pace than normal, settling into a wave-like rhythm.

Duration: 5 to 15 minutes. This is the foundation of most active breathwork journeys, often used before a deeper hold or release.

Note: This is an activating technique that can bring up strong sensation or emotion. Best practiced seated or lying down, and not while driving or operating machinery.

4-2-6 Breathing

BEST FOR: DOWN-REGULATING BEFORE OR AFTER AN INTENSE EXPERIENCE, SETTLING THE NERVOUS SYSTEM

How to do it:

1. Inhale through your nose for a count of 4.
2. Hold gently for a count of 2.
3. Exhale through your nose or mouth for a count of 6.

Duration: 5 to 10 cycles. The longer exhale signals safety to the nervous system.

Lion's Breath

BEST FOR: RELEASING TENSION IN THE JAW AND FACE, CLEARING FRUSTRATION, BREAKING UP STUCK ENERGY

How to do it:

1. Sit comfortably and inhale deeply through your nose.
2. Open your mouth wide, stick your tongue out toward your chin, and open your eyes wide.
3. Exhale forcefully through your mouth making a long "haaa" sound from the back of your throat.

Duration: Repeat 2 to 3 times. Often used as a single reset rather than a long practice.

Humming Bee Breath (Bhramari)

BEST FOR: QUIETING A RACING MIND, EASING FRUSTRATION, CALMING THE NERVOUS SYSTEM QUICKLY

How to do it:

1. Close your eyes and take a deep breath in through your nose.
2. Gently press your lips together and, as you exhale, make a steady humming sound like a bee.
3. Keep your jaw relaxed and feel the vibration in your lips, teeth, and skull.

Duration: 5 to 10 rounds. Often practiced with fingers lightly covering the ears to amplify the internal vibration.

Somatic Reset Tools

Breathwork is just one way in. These body-based tools work on the same nervous system pathways, no breath counting required.

5-4-3-2-1 Grounding

BEST FOR: ANXIETY, DISSOCIATION, FEELING DISCONNECTED FROM THE PRESENT

How to do it:

1. Name 5 things you can see.
2. Name 4 things you can physically feel (your feet on the floor, fabric on your skin).
3. Name 3 things you can hear.
4. Name 2 things you can smell.
5. Name 1 thing you can taste.

Duration: Takes 2 to 3 minutes. Do it slowly and deliberately.

Shaking and Tremoring

BEST FOR: RELEASING STORED TENSION, PROCESSING STRESS HELD IN THE BODY

How to do it:

1. Stand with your feet hip-width apart, knees slightly bent.
2. Begin to gently bounce or shake your legs, letting the movement travel up through your body.
3. Shake your arms, hands, shoulders. Let your whole body join in.
4. Keep it loose and uncontrolled. You are not performing, you are releasing.

Duration: 5 to 10 minutes. Animals do this naturally after threat, humans can too.

Humming (Vagus Nerve Activation)

BEST FOR: CALMING THE NERVOUS SYSTEM, SHIFTING OUT OF FIGHT-OR-FLIGHT

How to do it:

1. Take a comfortable breath in.
2. On the exhale, hum at any pitch that feels natural. Feel the vibration in your chest and throat.
3. Continue for several breaths. You can vary the pitch or tone.

Duration: 5 minutes. The vibration directly stimulates the vagus nerve, one of the fastest calming pathways in your body.

Cold Water on Wrists or Back of Neck

BEST FOR: ACUTE STRESS, OVERWHELM, HEAT IN THE BODY

How to do it:

1. Run cold water over the inside of your wrists for 30 to 60 seconds.
2. Or apply a cold, damp cloth to the back of your neck.
3. Breathe slowly while you do it.

Duration: 1 to 2 minutes. The cold activates the same calming reflex as the dive response, without the intensity.

Butterfly Hug (Bilateral Tapping)

BEST FOR: EMOTIONAL OVERWHELM, GRIEF, FEELING UNSAFE IN YOUR BODY

How to do it:

1. Cross your arms over your chest, placing each hand on the opposite shoulder or upper arm.
2. Gently alternate tapping, left, right, left, right, at a slow, steady pace.
3. Close your eyes if that feels comfortable. Breathe naturally.

Duration: 2 to 5 minutes. This bilateral stimulation helps the brain process and settle difficult emotions.

Face Dunking (Mammalian Dive Reflex)

BEST FOR: INTENSE EMOTIONAL DISTRESS, PANIC, FEELING OUT OF CONTROL

How to do it:

1. Fill a bowl with cold water and a few ice cubes.
2. Take a breath in, then submerge your face for 15 to 30 seconds.
3. Or simply splash very cold water repeatedly on your face if submersion is not accessible.

Duration: One to three dunks as needed. Your heart rate will drop within seconds.

Heads up: This is a strong physiological intervention. Avoid if you have heart conditions or are prone to shock responses. Go slower with cold water on wrists if you're unsure, it works on the same pathway with less intensity.

Thought Traps

When we're stressed or stuck in survival mode, our brain tries to protect us by filling in the blanks. Sometimes those thoughts are accurate, but often they're simply fear trying to make sense of uncertainty. Learning to recognize these patterns can help you respond instead of react.

Thought Trap	Example	Gentle Reframe
Catastrophizing	<i>"Everything is falling apart."</i>	This is hard, but it isn't the whole story.
Mind Reading	<i>"They must be upset with me."</i>	I don't actually know what they're thinking.
Fortune Telling	<i>"This will never work."</i>	I can't predict the future.
All-or-Nothing	<i>"I messed up, so I've failed."</i>	One moment doesn't erase my progress.
Emotional Reasoning	<i>"I feel unsafe, so I must be unsafe."</i>	Feelings deserve attention, but they aren't always facts.
Overgeneralizing	<i>"This always happens."</i>	Sometimes it happens, not always.

A dysregulated nervous system doesn't just change how your body feels. It can change the stories your mind tells. Noticing the pattern is often enough to loosen its grip.

Ready to go deeper?

These tools are a starting point. A 9D Breathwork session takes you somewhere these can't, guided, held, and fully immersive.

[Book a Session](#)

Exhale Breathwork

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