



Your Integration Workbook

A gentle guide for the week after your breathwork session



EXHALE BREATHWORK

The Experience

The session was the beginning

The breathwork opened something. Integration is how it becomes part of you.

During your session, your nervous system did real work. It moved energy, released tension, and touched emotions that may have been stored for a long time. That process doesn't stop when the music ends. It continues quietly over the next several days.

Integration just means giving that process room. You don't have to force insights or figure everything out. Your only job this week is to stay present with yourself, rest when you need to, and notice what shows up.

Why it matters

Without integration, a powerful session can fade into a nice memory. With it, the shifts you felt on the mat start showing up in your daily life. In how you respond to stress. In what you tolerate. In how you speak to yourself.

This workbook gives you simple tools for that week: breath practices to steady yourself, tools to reset your nervous system, and a 7-day journal to track what surfaces.

How to use this

- Read the "what to expect" page today, while the session is fresh.
- Keep the breath practices page somewhere visible. You'll want it in a real moment, not buried in a drawer.
- Spend 5 minutes with the journal each day. Short and honest beats long and perfect.

And remember: my inbox is always open. If something comes up this week and you want to talk it through, email me. No charge, no judgment.

Karen

What to expect after breathwork

Everyone integrates differently. All of these are normal.

Physically

Tiredness that feels like you ran a race. Deeper sleep, or a restless night or two. Thirst. Sensitivity to noise and crowds. Your body is recalibrating. Drink water, eat real food, and let yourself rest without guilt.

Emotionally

Feelings can keep surfacing for days. A wave of sadness in the grocery store. Unexpected tears at a song. Lightness and laughter for no reason. Old memories drifting up. None of this means something is wrong. It means the work is still moving.

Mentally

Some people feel crystal clear. Others feel foggy for a day or two. Insights often arrive late, in the shower or on a walk, once your mind stops reaching for them.

A few gentle guidelines

Keep the first 24 hours soft. Skip the hard workout, the difficult conversation, and the packed schedule if you can. Say no to one thing. Spend a few minutes outside. And if day 3 feels heavier than day 1, that's common. It usually moves through.

If anything feels bigger than you can hold, reach out. To me, to someone you trust, or to a licensed professional. Asking for support is part of the work, not a detour from it.

Gentle breath practices

Small doses of breath for the moments between sessions. No headphones required.

WHEN SOMETHING HITS OUT OF NOWHERE

The physiological sigh

Two quick inhales through the nose. One long exhale through the mouth. Repeat 2 or 3 times.

This is the fastest known way to settle your nervous system in the moment. Use it anywhere, anytime, and nobody will even notice.

WHEN YOU FEEL KEYED UP OR CAN'T SLEEP

Extended exhale

Breathe in through the nose for a count of 4. Breathe out slowly for a count of 8. Continue for 2 to 5 minutes.

The long exhale tells your body it's safe. Perfect before bed or after a stressful conversation.

WHEN YOUR MIND IS SPINNING

Box breathing

Inhale for 4. Hold for 4. Exhale for 4. Hold for 4. Repeat for a few minutes.

The counting gives your mind a job, which quiets the spin. Steady and grounding.

WHEN YOU JUST NEED A MOMENT

Hand on heart

Not a technique. Just a reminder. One hand on your chest. Slow breaths. Feel the warmth of your own hand. Thirty seconds is enough.

Your nervous system reset toolkit

Beyond the breath. Quick ways to come back to yourself.

Ground through your senses

Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste. This pulls you out of your head and back into the room.

Get your feet on the earth

Bare feet on grass, or just standing still and feeling the floor hold you. Two minutes. Your body remembers how to settle when you give it contact.

Hum

Low and slow, like a lazy bee. Humming vibrates the vagus nerve, which is the main highway between your body and calm. It feels silly. It works.

Cool water on your wrists and face

A splash of cool water shifts your state fast. Good for the moment a feeling swells bigger than you expected.

Walk it through

A slow walk with no phone and no destination. Movement helps emotion finish moving through you instead of getting stuck halfway.

Shake it out

Literally. Stand up and shake your arms, legs, and shoulders for 30 seconds. Animals do this after stress. It discharges what the body is holding.

Thoughts that might get loud this week

When old emotions move, old thought patterns sometimes ride along. You don't have to believe every thought you think.

All-or-nothing thinking. Everything is perfect or ruined, with nothing in between.

"That session didn't fix me, so it didn't work."

Mind reading. Deciding you know what someone else is thinking about you.

"Everyone in that room thought I was too much."

Catastrophizing. One hard feeling means everything is about to fall apart.

"If I start crying, I'll never stop."

Should statements. Harsh rules about how you're supposed to feel or heal.

"I should be over this by now."

Discounting the positive. The good moments don't count, only the hard ones do.

"Sure I felt peaceful, but that was probably nothing."

Emotional reasoning. Treating a feeling as a fact.

"I feel like a burden, so I must be one."

Try this instead

When a loud thought shows up, don't argue with it. Just notice it and name it. "There's the should statement again." Naming creates a little space between you and the thought. That space is where choice lives.

Want to go deeper? There's a full thought awareness section on my website.

Day 1

Date _____

Where is my nervous system today?

Depleted

Tender

Steady

Open

Energized

One word for how I feel today:

What do I remember most from my session?

What does my body need today?

One breath practice I used (or will use):

Day 2

Date _____

Where is my nervous system today?

Depleted

Tender

Steady

Open

Energized

One word for how I feel today:

What surfaced today, even in a small way?

Where did I feel it in my body?

One kind thing I did for myself:

Day 3

Date _____

Where is my nervous system today?

Depleted

Tender

Steady

Open

Energized

One word for how I feel today:

Day 3 can feel heavier. If it does, what is asking for my attention?

A loud thought I noticed (and its name, if I caught it):

What helped, even a little?

Day 4

Date _____

Where is my nervous system today?

Depleted

Tender

Steady

Open

Energized

One word for how I feel today:

Is anything from the session starting to make more sense?

One place in my life where I responded differently than I used to:

Something I'm grateful for today:

Day 5

Date _____

Where is my nervous system today?

Depleted

Tender

Steady

Open

Energized

One word for how I feel today:

What old pattern or story feels a little looser this week?

What do I want to keep practicing?

One breath or reset tool I reached for today:

Day 6

Date _____

Where is my nervous system today?

Depleted

Tender

Steady

Open

Energized

One word for how I feel today:

If my body could speak this week, what would it say?

One boundary or choice I made that honored myself:

Something small that brought me joy:

Day 7

Date _____

Where is my nervous system today?

Depleted

Tender

Steady

Open

Energized

One word for how I feel today:

Looking back at the week: what shifted, even slightly?

What am I ready to release? What am I ready to welcome?

One intention for the week ahead:

Notes & insights



You don't have to do this alone

If something surfaced this week and you want to talk it through, my inbox is open. No charge, no judgment. That's part of what you get when you breathe with me.

exhalebreathtwork@gmail.com

Ready to breathe again? Find upcoming sessions at
exhalebreathtworkexperience.com



EXHALE BREATHWORK

The Experience