



# Exhale Breathwork

## 5 BREATHING TECHNIQUES TO RESET YOUR NERVOUS SYSTEM



**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: Practice for 3 to 5 minutes.

**4-7-8 BREATHING • BEST FOR: Deep relaxation, easing anxiety, and 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, and 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: Repeat for 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: Practice mindfully for 5 to 10 minutes.



**PURSED LIP BREATHING • BEST FOR: Slowing down 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: Practice for 5 to 10 minutes.