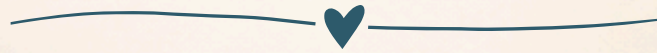




# Integration Guide



Supporting Your Nervous  
System After Breathwork

# WHAT HAPPENS AFTER BREATHWORK?



The work doesn't end when the music stops. In many ways, this is where the integration begins. Your mind and body may continue processing your experience for the next few days. You may notice shifts in your thoughts, emotions, energy, sleep, or awareness.

There is no right way to feel after breathwork. You may feel lighter. You may feel tired. You may feel emotional. You may feel absolutely nothing at all.

This guide is designed to help you anchor the clarity and calm you found today into your everyday life.

**There is no right way to feel after  
breathwork.**

What matters most is giving yourself space to notice what is happening without judging it.

# THE FIRST 48-72 HOURS



Your nervous system may continue processing your experience.  
These are some things you may notice:



## WHAT YOU MAY NOTICE

- ✓ Stronger emotions
- ✓ More vivid dreams
- ✓ Moments of clarity
- ✓ Feeling more sensitive
- ✓ Increased awareness of old patterns
- ✓ A desire for more rest



## WHAT'S NORMAL

All of the above can be a normal part of the integration process.  
You may also feel completely normal.  
Every experience is different..



## HOW TO SUPPORT YOURSELF

Give yourself extra compassion, time, and space to process.  
Trust that what needs to move through you will move through you in its own time.

# SUPPORT YOUR NERVOUS SYSTEM

Simple things can make a big difference.  
Choose what feels supportive for you.



## HYDRATE

Drink plenty of water.  
Hydration supports recovery and regulation.



## REST

Your body may need more sleep than usual.  
Listen to it.



## NATURE

Spend time outside.  
Even a short walk can help regulate your nervous system.



## GENTLE MOVEMENT

Walking. Stretching. Yoga.  
Move your body in ways that feel good and supportive.



## BREATH

A few slow breaths throughout the day can make all the difference.



## LESS STIMULATION

Reduce unnecessary stress and stimulation where you can.

# REFLECTION

Take some time to check in with yourself.  
There are no wrong answers.

What stood out most during my session?

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What am I being invited to pay attention to?

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What do I need more of right now?

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What can I let go of?

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What would it look like to support myself with more compassion?

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# A GENTLE REMINDER

Healing is rarely linear.  
Some days you may feel lighter.  
Some days you may feel emotional.  
Both are okay.

Be patient with yourself.  
Give yourself grace.  
And remember...

Your nervous system isn't working against you.  
It's working for you.

Take a breath. Trust yourself.  
You're doing better than you think.

Thank you for allowing me to be part of your journey.

*Karen* 

Exhale Breathwork

Have questions or want to join another session?  
Visit [exhalebreathworkexperience.com](https://exhalebreathworkexperience.com)