

# Breathing Exercises

## for Calm & Regulation



Your breath is a tool you can use anytime, anywhere to support your body and mind. Slower, deeper breathing can help signal safety to your nervous system and promote a sense of calm.

### BEFORE YOU BEGIN



Breathing exercises can be very helpful, but they are not one-size-fits-all. If you feel dizzy, tense, or more anxious, it's okay to stop. Try a grounding technique, move your body, or choose another strategy that feels better for you.



**You're in charge.**  
Use what helps,  
and let go of what doesn't.

## Two Simple Places to Start

Try one (or both) of these breathing techniques.



### SLOW BELLY BREATHING (Diaphragmatic Breathing)



**Inhale slowly**  
through your nose.



**Let your belly rise,**  
not your chest.



**Exhale slowly**  
through your mouth.

*Repeat for 1-2 minutes.*



### EXTENDED-EXHALE BREATHING

*(Try 4 in, 6 out)*



**Inhale gently**  
through your nose for a count of 4.



**Exhale slowly**  
through your mouth for a count of 6.



**Repeat for 1-2 minutes.**  
Adjust the counts to what feels  
comfortable for you.



*Remember:*

Aim for comfortable, steady breaths - never forced.  
Small consistent breaths can create big shifts over time.

# More Breathing Techniques

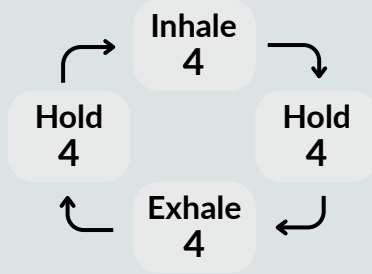
*Find a pace that feels good for you.*



## BOX BREATHING

(4 • 4 • 4 • 4)

*A steady, calming rhythm*



*Repeat for 1-2 minutes.*

## 4-7-8 BREATHING

*A lengthened exhale to help calm your nervous system.*



### Inhale

through your nose for a count of 4.



### Hold

your breath for a count of 7.



### Exhale

through your mouth for a count of 8.

*Repeat 4 cycle (or more if it feels good).*

## VISUAL BREATHING

*Follow the shape with your finger or eyes.*

*Breathe in as you go up, and breathe out as you go down.*



*Go at your own pace. You can repeat as many times as you'd like.*

## PURSED-LIP BREATHING

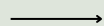
*Slow your breathing and lengthen your exhale.*



**Breathe in** gently through your nose for about 2 counts.



**Purse your lips** as if you were slowly blowing out a candle.



**Breathe out slowly** through your lips for about 4 counts.

*Repeat at a comfortable pace*



*Remember:*

These are just a few options. Some days one technique may feel better than another. There is no “right” way to breathe—only what works for you.

# Find What Works for You

*Reflect. Notice. Practice.*



## Which breathing exercise(s) did you try?

- ☐ Slow belly breathing
- ☐ Extended-exhale breathing (4 in, 6 out)
- ☐ Box breathing (4 • 4 • 4 • 4)
- ☐ 4-7-8 breathing
- ☐ Visual breathing
- ☐ Pursed-lip breathing
- ☐ Other: \_\_\_\_\_



## How did it feel?

What did you notice in your body?

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What did you notice in your mind or emotions?

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Did counting help or make it harder?

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## Track Your Distress Level

Use the SUDS scale (0-10) to rate your distress before and after.

Before:

\_\_\_\_\_ / 10

After:

\_\_\_\_\_ / 10



## What worked well?

What felt helpful about the breathing exercise(s)?

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Was there anything challenging?

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## My Go-To Breathing Practice

Which exercise do you want to keep using?

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- ☐ During anxious moments
- ☐ Before sleep
- ☐ When feeling overwhelmed
- ☐ As part of a daily routine
- ☐ Other: \_\_\_\_\_



*Remember:*

Your breath is always available to you. If a breathing exercise doesn't feel helpful, you can try a different strategy such as grounding, movement, or taking a break.

*You're in charge, and it's okay to choose what works best for you.*

