



Mindfulness • Wellness • Transformation

And Breathe Consulting • Tax ID 83-2991100 • Mental Wellness Consultants

Below you will find the most basic techniques for learning how to use your breath to calm your mind and body. These can be practiced anywhere, at any time, and are effective tools for managing stress, anxiety, and helping to calm the mind. Regular practice will enhance their effectiveness over time. Remember, if you're new to these techniques, start slowly and increase the duration or frequency as you become more comfortable with the practice.

Keep in mind, ***nobody*** starts off being able to do mindfulness or meditation type exercises. **They are uncomfortable at first but you will quickly adjust if you stick with it for a short time.**

Here is a list of some ***basic***, essential breathing techniques that can help you can use to help you calm down, reduce stress, and let go of anxiety.

1. Diaphragmatic Breathing (Belly Breathing):

How to Do It: Sit or lie down comfortably. Place one hand on your chest and the other on your belly. Inhale slowly through your nose, allowing your belly to rise while keeping your chest relatively still. Exhale slowly through your mouth, feeling your belly fall. This focuses on deep, abdominal breaths rather than shallow chest breaths.

Purpose: Engages the diaphragm, promoting relaxation and reducing the 'fight or flight' response.

2. 4-7-8 Breathing:

How to Do It: Inhale through your nose for a count of 4, hold your breath for a count of 7, then exhale completely through your mouth for a count of 8. Repeat this cycle 4-8 times.

Purpose: Increases oxygen intake, helps to slow down the heart rate, and promotes a state of calm.

3. Box Breathing (Square Breathing):

How to Do It: Visualize a square. Inhale for a count of 4, hold your breath for 4, exhale for 4, and then hold again for 4 before starting over. This forms a 'box' or square pattern.

Purpose: Balances the nervous system, reduces stress, and can enhance focus and concentration.

Resonant or Coherent Breathing:



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How to Do It: Breathe in and out at a rate of about 5-6 breaths per minute, which means inhaling for about 5 seconds and exhaling for about 5 seconds.

Purpose: This rate is believed to be optimal for heart rate variability, which can lead to a state of coherence between the heart, brain, and nervous system, promoting relaxation.

5. Alternate Nostril Breathing (Nadi Shodhana):

How to Do It: Use your right thumb to close off your right nostril, inhale through the left nostril. Then close the left nostril with your right ring finger, release the right nostril, and exhale through the right. Inhale through the right nostril, close it, open the left, and exhale through the left. This is one cycle. Repeat for several minutes.

Purpose: Balances the left and right hemispheres of the brain, reduces stress, and can enhance mental clarity.

6. Progressive Relaxation Breathing:

How to Do It: While breathing deeply, progressively tense and then relax each muscle group in your body, starting from your toes and moving up to your head. Inhale as you tense, exhale as you relax.

Purpose: Combines deep breathing with muscle relaxation to reduce physical tension and mental stress.

7. Sighing Breath:

How to Do It: Take a normal breath in through your nose, then take a slightly deeper breath in, and then exhale with a sigh through your mouth, letting go of tension.

Purpose: Mimics a natural stress response, helping to release pent-up tension and promote relaxation.

[Feel free to return to the website for more exercise options here.](#)