

Peace by Piece

Breathing Exercises to Calm Your Mind and Body



1 Box Breathing (4-4-4-4)

This is a **classic breathing technique** that's very simple and effective for calming your mind. **How to do it:**

- ★ Inhale through your nose for a count of 4.
- ★ Hold your breath for 4 seconds.
- ★ Exhale slowly through your mouth for 4 seconds.
- ★ Hold again for 4 seconds before repeating.
- ★ Repeat this for 3–5 minutes. Box breathing helps you feel grounded and reduces anxiety.

2 4-7-8 Breathing

This exercise is excellent for **relaxation and helps you sleep better** too. **How to do it:**

- ★ Inhale quietly through your nose for 4 seconds.
- ★ Hold your breath for 7 seconds.
- ★ Exhale completely and audibly through your mouth for 8 seconds.
- ★ Repeat the cycle for 4 times or until you feel more relaxed.
- ★ This breathing technique is super effective if you need to calm your nerves or de-stress quickly.

3 Deep Belly Breathing

This is perfect for when you're feeling **tense or overwhelmed**. It's all about breathing **into your belly**, not your chest. **How to do it:**

- ★ Sit comfortably and place one hand on your chest and the other on your belly.
- ★ Inhale deeply through your nose for 4 seconds, allowing your belly to expand (your chest should stay still).
- ★ Exhale slowly through your mouth for 6 seconds, letting the air out slowly while your belly contracts.
- ★ Repeat for 3–5 minutes.
- ★ This helps activate the parasympathetic nervous system (aka the “rest and digest” system), so you'll feel more calm.

4 Alternate Nostril Breathing

This one helps **clear your mind and bring balance** to your emotions. **How to do it:**

- ★ Sit comfortably and use your right thumb to close your right nostril.
- ★ Inhale deeply and slowly through your left nostril.
- ★ Close your left nostril with your right ring finger, and then exhale slowly through your right nostril.
- ★ Inhale slowly through your right nostril, close it with your thumb, and then exhale through your left nostril.
- ★ Repeat the cycle for 3–5 minutes.
- ★ This technique helps bring mental clarity and balance, making it great for when you're feeling scattered.

5 The 5-5-5 Breathing Technique

If you need a quick reset during the day, this one's super simple and effective. How to do it:

- ★ Inhale for a count of 5.
- ★ Hold your breath for 5 seconds.
- ★ Exhale for a count of 5.
- ★ Repeat for 2–3 minutes or until you feel more relaxed.
- ★ It's short, simple, and you can do it anywhere—perfect for when you're in a rush but need to calm down.

6 Resonant or Coherent Breathing

This is a slow, steady breath designed to bring your body into a calm, relaxed state. It's great for reducing stress and anxiety. How to do it:

- ★ Inhale slowly for a count of 5 seconds.
- ★ Exhale slowly for a count of 5 seconds.
- ★ Continue this steady rhythm for 5–10 minutes.
- ★ This practice can help reduce anxiety, lower blood pressure, and improve overall mood.

Why It Works:

Breathing exercises activate your parasympathetic nervous system, which helps your body “calm down.” They're like a reset button for your body and mind, allowing you to focus, feel less stressed, and improve your overall wellbeing.