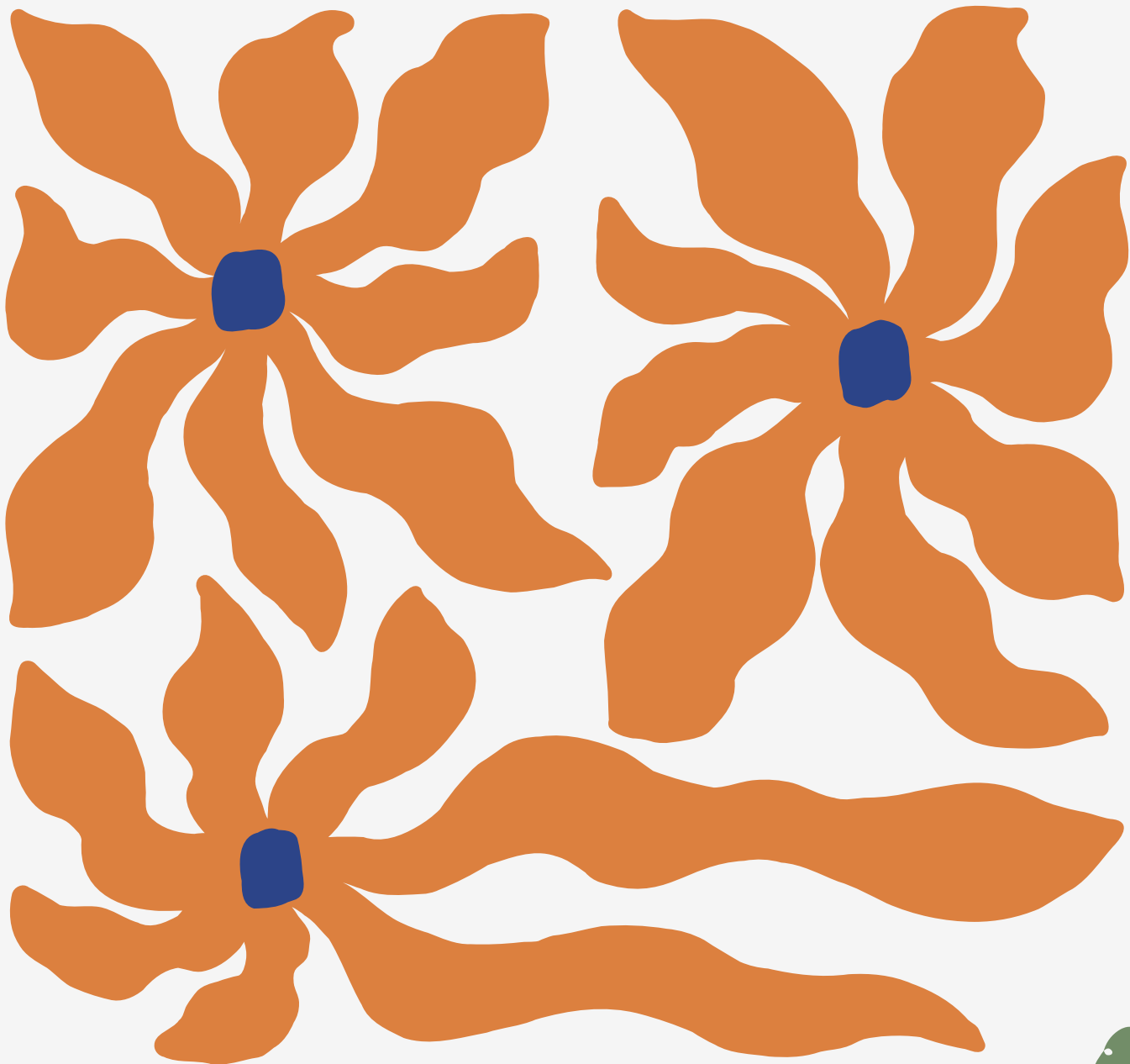


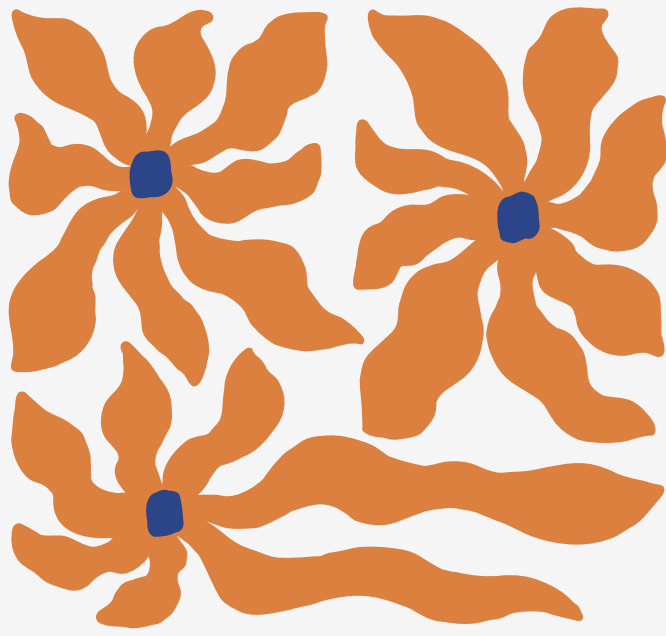
DEEP BREATHING TECHNIQUES



Deep breathing is proven to have beneficial effects on both the body and the mind, through relieving stress, regulating emotions, managing anxiety, improving cognition, and improving overall health and wellness.

Elizabeth Fasti, OTS
February 2025





DIAPHRAGMATIC BREATHING

Diaphragmatic breathing focuses on deep breathing through your stomach rather than through your chest.

Steps:

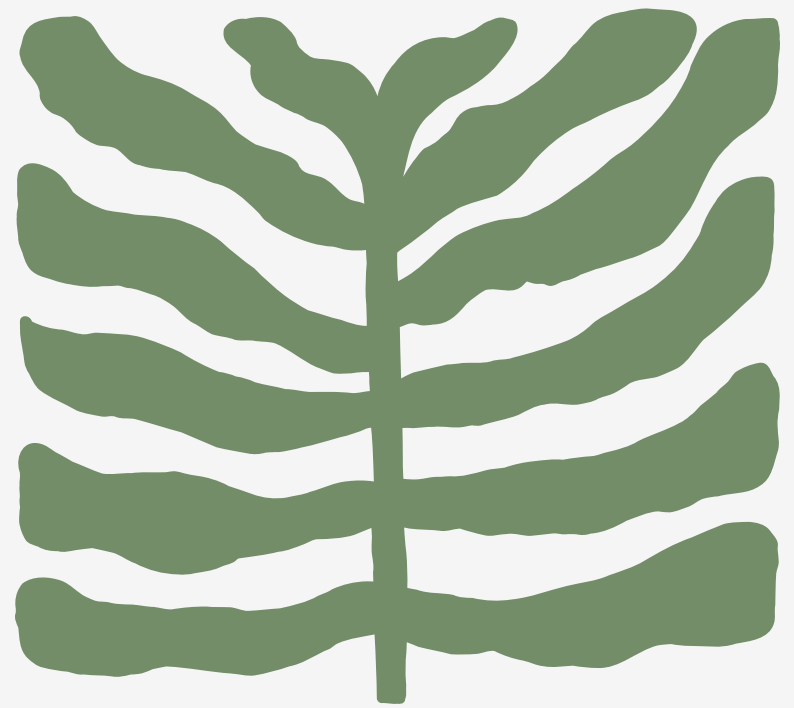
1. Sit or lie in a relaxed position.
2. Place one hand on your stomach and one on your chest.
3. Breathe in slowly through your nose, letting your belly expand while keeping your chest still.
4. Exhale slowly through your mouth.
5. Repeat for 5-10 breaths.



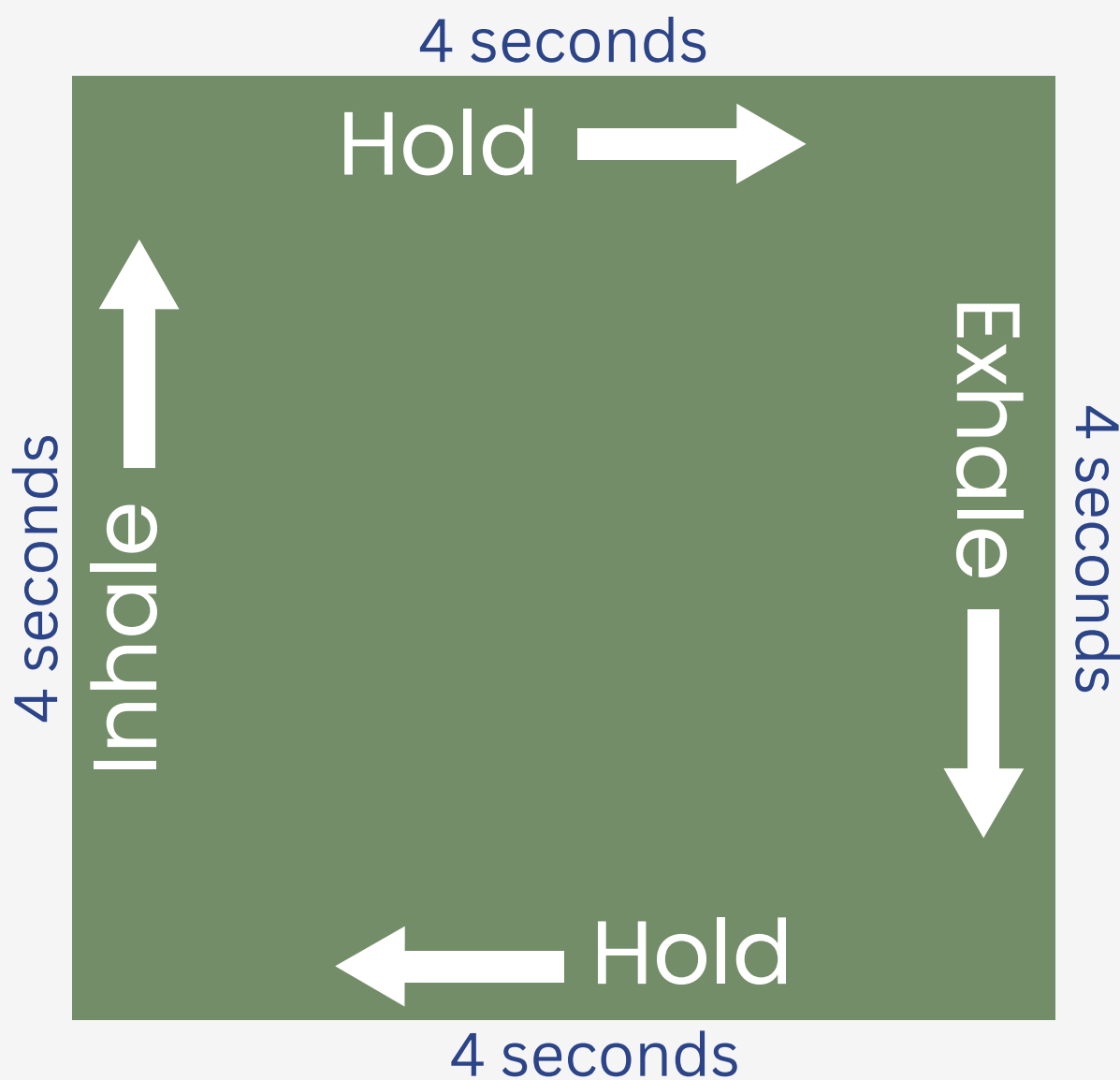
Best for: Everyday relaxation, chronic stress, tension relief, and respiratory health.



BOX BREATHING



Box breathing is a simple and easy breathing technique that focuses on the equal-length inhales, exhales, and holds to balance and regulate the breath.



Steps:

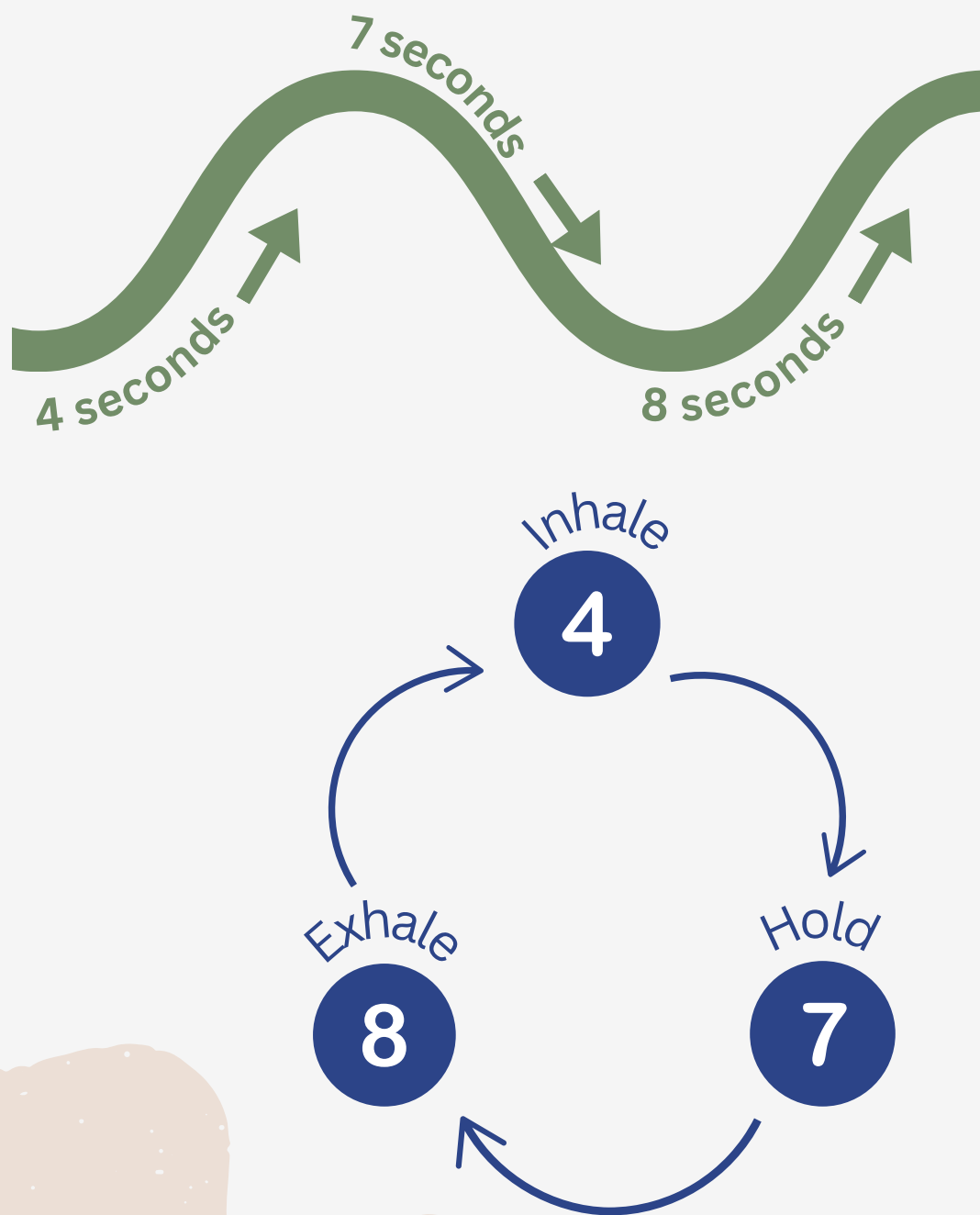
1. Sit or lie in a relaxed position.
2. Inhale through your nose for 4 seconds.
3. Hold your breath for 4 seconds.
4. Exhale through your mouth for 4 seconds.
5. Pause and hold your breath for 4 seconds.
6. Repeat cycle for a few minutes.

Best for:

Focus & mental clarity, stress & performance
anxiety, regulating breathing patterns

4-7-8 BREATHING

the 4-7-8 breathing technique is a purposeful breathwork practice that allows you to regulate the speed and depth of your inhales and exhales to calm both the body and mind.



Steps:

1. Inhale deeply for 4 seconds
2. Hold your breath for 7 seconds.
3. Exhale slowly for 8 seconds.
4. Repeat this 4-5 times.

Best for:

Anxiety & stress relief,
sleep improvement, and
emotional regulation



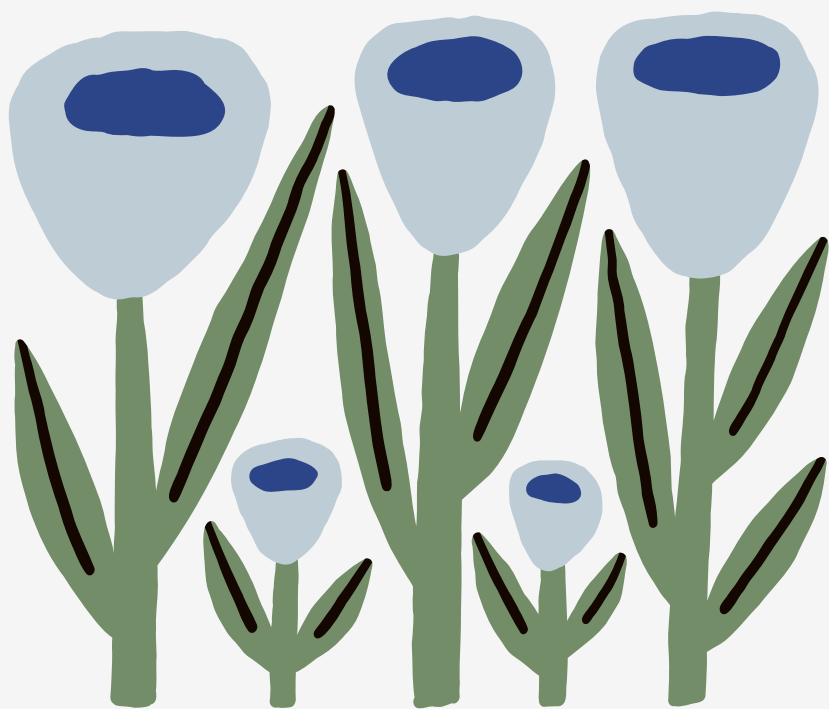
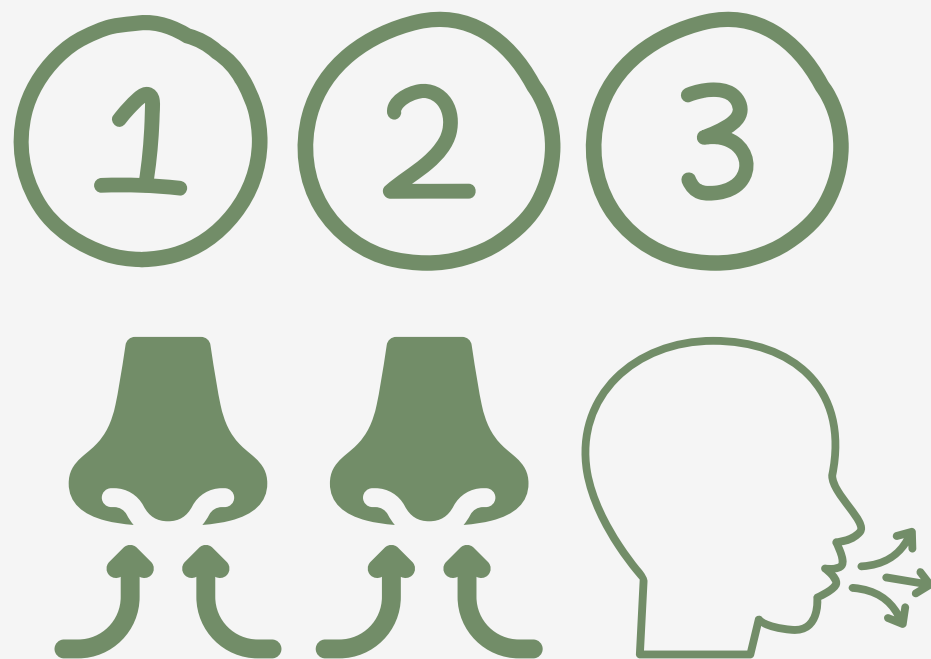


PHYSIOLOGICAL SIGH

The physiological sigh focuses on immediate stress reduction and restoring the balance of oxygen and carbon dioxide in the body.

Steps:

1. Take a deep breath in through your nose.
2. Take a second short inhale to fully expand your lungs.
3. Breathe out SLOWLY through your mouth.
4. Repeat 2-3 times.



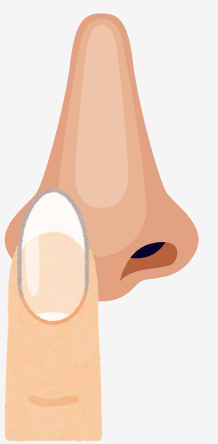
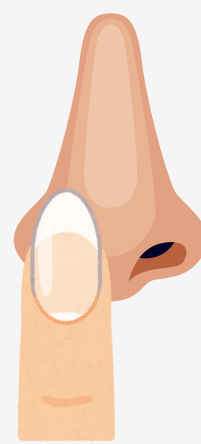
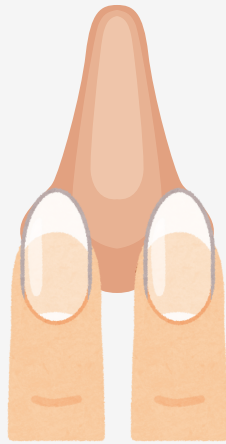
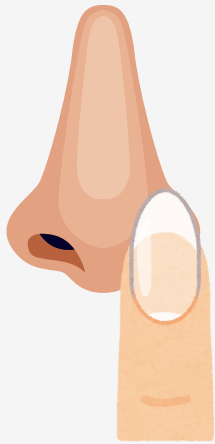
Best for: Immediate stress relief, resetting the breath after panic, crying or tension, and regulating emotions during conflict.

Best for:

Energy and mental clarity, respiratory health, and stress relief

ALTERNATE NOSTRIL BREATHING

Alternate nostril breathing is a technique that focuses on inhaling and exhaling through one nostril at a time to help balance the sides of the brain, increase energy levels, and improve mental clarity.



Hover your thumb over your right nostril and your index finger over your left nostril (right hand).

Cover your right nostril with your thumb and inhale deeply.

Cover both nostrils and hold for about 2 seconds.

Cover only your left nostril with your index finger and exhale slowly.

Repeat the cycle, inhaling on the same side your just exhaled on.

