

4 Breathing Techniques to Calm the Mind & Body

Simple ways to reduce stress, balance your nervous system, and find calm anywhere.

Box Breathing (4-4-4-4)



Inhale through the nose for 4 seconds

Hold for 4 seconds



Exhale through the mouth for 4 seconds

Tip: Visualise tracing the sides of a square with your breath.

The Golden Thread



Inhale deeply through the nose



Exhale slowly through pursed lips, as if blowing a *golden thread*

Tip: Imagine your breath carrying light and calm energy outward.

4-7 Breathing



Inhale through the nose for 4 seconds



Hold for 7 seconds

Exhale through the mouth for 8 seconds

Tip: Perfect before sleep or when winding down.

Physiological Sigh



Inhale deeply through the nose



Take a quick second small breath in before exhaling

Tip: Try 3 rounds to instantly calm your body.