Calm Breathing Guide

Easy breathing options for moments of stress.

A MOMENT FOR YOURSELF

A softer breath is enough. Do not force the pace, and take breaks whenever you need.



01 EXTENDED EXHALE

Gently breathe in for 4 counts. Breathe out for about 6 counts. Repeat 3 to 5 times at a comfortable pace.

If counting feels stressful, simply let the exhale be a little longer.

02 SQUARE BREATHING (OPTIONAL)

Breathe in for 4, pause for 4, breathe out for 4, and pause for 4. Use a shorter count if preferred.

Skip the pauses if breath-holding is uncomfortable.

03 NATURAL BREATH ANCHOR

Leave your breathing alone. Notice the air moving in and out, or feel the support of the floor beneath your feet.

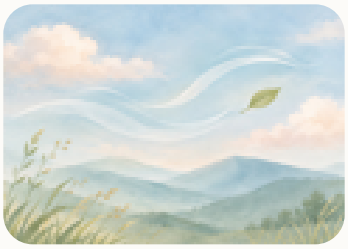
You do not need to change your breath to be mindful.

Choose just one technique. Comfortable breathing matters more than the number.

CONTINUE YOUR PRACTICE

Your One-Minute Reset

Use this whenever you want a simple place to start.



1

ORIENT

Look around. Notice the floor and the support under your feet.

2

SOFTEN

Unclench your jaw or relax your shoulders, only if comfortable.

3

BREATHE

Let air flow in gently, then allow an unhurried breath out.

4

RETURN

Notice one color, shape, or sound around you before moving on.

Noema Therapy

A COMFORTABLE RHYTHM

Inhale softly
Let the breath move in naturally

Exhale slowly
Release without forcing

A GENTLE SAFETY NOTE

If you feel dizzy, panicky, or uncomfortable, stop the exercise and return to your usual breathing. New or severe chest pain or breathing difficulty requires urgent medical evaluation.