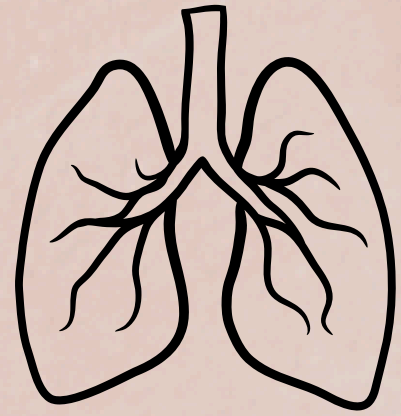


4 Breathwork Techniques for Emotional Grounding

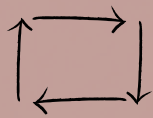
Gentle ways to reconnect with your body, calm your mind, and feel safe again. Repeat as needed.



Box Breathing

Steps

- Inhale 4 counts
- Hold 4 counts
- Exhale 4 counts
- Hold 4 counts



Best during moments of stress and anxiety.

Why it helps

Regulates nervous system and creates a rhythmic, calming pattern.

4-7-8 Breathing

Steps

- Inhale 4 counts
- Hold 7 counts
- Exhale 8 counts
- Hold 4 counts



Best for relaxing before bed or sleeping.

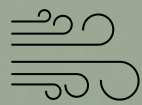
Why it helps

Deepens relaxation which is great for winding down before sleep.

Sighing Out

Steps

- Inhale deeply through the nose
- Exhale with loud sigh through the mouth



Best utilized after conflict or in moments of frustration.

Why it helps

Releases tension quickly and signals safety to the body.

Coherent Breathing

Steps

- Inhale for 5-6 sec
- Exhale for 5-6 sec



Best used as a daily grounding ritual, before or after journaling.

Why it helps

Synchronizes breath with heart rhythm for emotional regulation.

Practice Tips

- Sit or lie down comfortably
- Place your hand on your chest or belly
- Use a timer or guided audio
- Be gentle; this is a practice not a performance