

RIDE THE WAVE BREATHING

Slow, regular exhales stimulate the body's calming system, activating rest-and-digest. This helps regulate emotions.

DEEP BREATHING

Slow nasal breathing
5-6 sec in, 6-8 sec out

BELLY BREATHING

Hand on chest and belly; keep chest still, belly rises

BOX BREATHING

Inhale 4, hold 4
exhale 4, hold 4
Trace a square

4-7-8 BREATHING

Inhale 4, hold 7,
exhale 8 through lips
Repeat up to 4 cycles

WHY IT WORKS

Longer exhales engage parasympathetic brake, lowers heart rate, balances oxygen/CO₂

