



Reset Your Breath Toolkit

By
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Breathing isn't magic — but it feels like it.

No Copyright

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print, gift, chat about, and pass it
along!

Breathwork will make this world a
better place!

All the best

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Reset your Breath Toolkit

Your Breath: Your Power Tool

Mindful breathing is like hitting the reset button for your body and mind, sharpening your focus and tapping into your inner genius.

It's like a gentle wave, soothing your nerves and turning down the volume on auto-reactions.

Relax when breathing

Keep your shoulders, jaw, and body relaxed.

Let the breath be smooth and steady. You can lie down if you want.

With these simple techniques, you wake up your awareness and you can shift from *chaos to calm*, *fog to focus*, and *stress to strength!*

Breathing Is a Skill

Train It!

Reset Your Breath Toolkit



Your Breath – Free. Portable. Reliable.

Your Most Accessible Reset Tool, No App Required.

Use the tools – they actually work. Quick. Simple. Powerful. Breath works anytime. Especially when nothing else does.

Breath is one of the fastest ways to ground yourself and come back into your body and the present moment.

Use your breath:

- during calm moments
- in the middle of a crisis
- before bed

Or anytime you feel overwhelmed, off-track, disconnected—or simply because it feels good.

*Nothing brings you back to **now** faster than conscious breathing.*

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The Easy-Peasy

4-4 Breathing – For Presence & Quick Recovery

This one's a breeze—ridiculously easy, yet surprisingly powerful.

A quick, no-fuss way to calm down, reset and come back to the moment. Use it anytime, anywhere.

If you're stressed, it calms you. If you're tired, it gently lifts your energy.

Most of us breathe faster than we need to. Simply slowing your breath for a few minutes can shift how your body and mind feel.

It's your quick ticket back to now. Don't use force, just breath calmly relaxed and gentle. Easy does it!

Inhale 4 • Exhale 4

Inhale on 4

Inhale slowly through your nose on the count of 4 (easy down into your belly).

Exhale on 4

Exhale slowly through your nose on the count of 4.

Repeat

Repeat for a few minutes or as needed.

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The Balance Box

4-4-4-4 Breathing – For Regulation & Balance

This technique helps create internal balance and regulate your nervous system

This technique is a simple yet effective way to center yourself and restore peace. This helps your body shift from stress to safety. It involves breathing in sync – in a slow, even rhythm with a steady count of four.

Slow, steady breathing tells your nervous system: you're okay now.

Great whenever you need grounding or when your emotions feel loud.

Inhale 4 • Hold 4 • Exhale 4 • Hold 4

Inhale on 4

Inhale slowly through your nose on the count of 4 (into your belly).

Hold on 4

Hold your breath for the count of 4.

Exhale on 4

Exhale slowly through your mouth on the count of 4. (or nose)

Hold on 4

Hold your breath for the count of 4.

Repeat

Repeat for 3–5 rounds, or longer if it feels good

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The Fog Lifter

6-2-8 Breathing – For Focus & Recovery

Helps clear the fog when your head's a mess.

Feel like your brain's been hijacked? This breath clears the mental clutter and gives your nervous system a quick refresh. Use it when you're overwhelmed, distracted, or just need to mentally come back online. A few rounds and suddenly—you're clearer, calmer, and ready to go. Often used by athletes to remain present and focused.

Inhale 6 • Hold 2 • Exhale 8

Inhale on 6

Breathe in slowly through your nose on the count of 6, deep into your belly.

Hold on 2

Gently hold your breath on the count of 2.

Exhale on 8

Exhale slowly through your mouth on the count of 8.

Optional: Add a soft whistle-like sound to lengthen and soften the exhale. You can also exhale through your nose if that feels better.

Repeat

Do this cycle 3–4 times or as needed.

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The Sleep Switch

4-7-8 Breathing – For Sleep & Deep Calm

This breath helps activate your parasympathetic nervous system, inviting in rest and deeper sleep.

By focusing on the rhythm of your breath, you create a meditative state that soothes the mind and body, easing you into a peaceful slumber. Whether you're unwinding after a long day or preparing for a restorative night's sleep, A gentle reminder that serenity is just a few breaths away.

Inhale 4 • Hold 7 • Exhale 8

Inhale on 4

Inhale slowly through your nose on the count of 4 (into your belly).

Hold on 7

Hold your breath for the count of 7.

Exhale on 8

Exhale slowly through your mouth on the count of 8.

Optional: Exhale with a soft whoosh or sigh to fully release tension.

Repeat

Repeat 3–4 times, or until you feel your system settle.

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Breath Thumb Rule

Use conscious breathing daily for great results. It's free and always accessible.

Nose for breathing. Mouth for eating.

Breathing through your nose naturally slows the breath, supports your nervous system, and helps your body feel safer and more balanced. Breathing through the mouth is usually reserved for specific exercises, intense physical effort, or moments when you need a quick release of tension.

Nose in. Nose out.

For everyday regulation, calming, and balance.
Simple. Safe. Always a good choice.

Reset Your Breath Toolkit is intentionally simple—for one reason: I want you to start, and I want you to keep going.

You can always go deeper into breathwork later if you feel curious. If you want inspiration, I recommend **James Nestor**—feel free to look him up.

For now, let's begin. Don't overthink this. You're already breathing. To expand your capacity and tap into the power of your breath, all you need to do is use these simple techniques.

I've learned that new habits—and new ways of making decisions—thrive on accessibility. Like with all training, the best training is the training that actually gets done.

So keep it simple. Have fun. And enjoy the freedom and quiet power of your breath.

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Your Nervous System

The Gas & Break Pedal

The Body's Built-In Survival and Safety System. Learn to Work With It, Not Against It.

Your body has a built-in autopilot called the autonomic nervous system. And no — this isn't woo-woo. It's neuroscience. Breathwork is a simple, science-backed way to shift your state.

Your nervous system is always working in the background, shaping how you think, feel, and respond. When you learn to tap into it, you stop being run by it—and start using it as the powerful support system it's meant to be.



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The Sympathetic Nervous System

The Gas Pedal

This is your fight · flight · freeze System

The sympathetic nervous system turns on when your brain thinks something's wrong — whether it's a real threat, like a lion on the savanna who wants to eat you up, or just a deadline that you won't make.

When this system is active:

- Heart rate increases
- Muscles tense
- Breathing becomes shallow
- Digestion slows
- Your brain goes into survival tunnel vision

It's brilliant in real danger. But when it runs too long, connection disappears. You don't respond — you react. It's biology.

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The Parasympathetic Nervous System

The Break Pedal

This is your rest-and-digest system.

The Parasympathetic Nervous System slows things down and helps your body feel safe again.

When this system is active:

- Breathing deepens
- Heart rate slows
- Muscles relax
- Thinking becomes clearer
- Your body says: "I'm okay now."

This is where clarity lives.

Where you sleep better, make wiser decisions, and feel like yourself again.