



Breathwork Quick Guide: Techniques That Calm the Mind

Use this printable guide to keep calm at your fingertips. Try each technique and discover which one helps you feel most grounded.

1. Box Breathing

Best for: Calming nerves quickly

Inhale for 4 seconds

Hold for 4 seconds

Exhale for 4 seconds

Hold for 4 seconds

Repeat for 4 rounds

2. 4-7-8 Breathing

Best for: Winding down and reducing anxiety

Inhale through your nose for 4 seconds

Hold your breath for 7 seconds

Exhale slowly through your mouth for 8 seconds

Repeat 4+ times

3. Alternate Nostril Breathing (Nadi Shodhana)

Best for: Emotional balance and mental clarity

Close right nostril, inhale through left

Close left, exhale through right

Inhale through right

Close right, exhale through left

Continue alternating for 1–2 minutes

4. Resonant Breathing

Best for: Feeling centered and reducing overwhelm

Inhale for 5 seconds

Exhale for 5 seconds

Continue for 5–10 minutes



5. Sighing Breath

Best for: Quick tension release

Take a long inhale through the nose

Exhale with a big sigh through the mouth

Repeat 2–3 times as needed

Tip: Try one technique each day this week and journal how you feel after each session.

Stay grounded. You've got this.

www.holistichealthvibe.com