



## 3 Easy Breathing Techniques

Calm your Nervous System  
Reduce Anxiety & Overwhelm

For each breath, breath in through the nose and out through the mouth, filling your belly with your breath.

### 2x Breath

Breath in for the count of 2.  
Breath out for the count of 4.  
Breath in for the count of 3.  
Breath out for the count of 6.  
Breath in for the count of 4.  
Breath out for the count of 8.  
Do 2 rounds of each.

### 4-7-8 Breath

Breath in to the count of 4.  
Hold your breath for the count of 7.  
Breath out to the count of 8.  
Do 4+ rounds.

### Alternate Nostril Breathing

Holding the left nostril closed with your left thumb, breath in through the right nostril.  
Release the left nostril and close your right nostril with your left ring finger.  
Breath out through your left nostril.  
Keeping the right nostril closed, breath in through your left nostril.  
Release the right nostril and close the left nostril with your left thumb.  
Breath out through the right nostril.  
Repeat. Do 9 rounds.