

A short breath work guide

Gently slowing the breath may help create a small sense of steadiness when life feels stressful or overwhelming, particularly if it becomes a regular practice. It may take a little time to feel natural, so trying it when you are feeling relatively calm may be helpful.

- Find a comfortable position, either sitting or lying down.
- You may like to place a hand on your abdomen and simply notice the natural movement of your breath.
- Begin by allowing your breathing to slow gently, without forcing or changing anything too quickly.
- If helpful, you might try a simple rhythm such as:
inhale – pause – exhale – pause
- Keep the pace comfortable for you, whatever feels good.
- Allow the exhale to become slightly longer than the inhale, as this can feel calming.
- Continue for a minute or two, or for as long as feels supportive.

If focusing on your breathing feels uncomfortable or increases anxiety, it's okay to stop and return to something that feels more grounding or supportive.