

Six breathing exercises

Breathe in through the nose. Keep it soft and slow. Stop if you feel dizzy.

Physiological sigh

in 2

+ 1

out 6

1. Breathe in through the nose until nearly full.
2. Take a second, short sip of air on top.
3. Breathe out slowly through the mouth.

Calm down fast: 1–3 sighs, or 5 minutes.
breathcharge.com/physiological-sigh

4–6 breathing

in 4

out 6

1. Breathe in through the nose for 4.
2. Breathe out slowly for 6.
3. No pauses; keep it smooth.

An everyday reset: 1–10 minutes.
breathcharge.com/4-6-breathing

Coherent breathing

in 5.5

out 5.5

1. Breathe in gently for 5.5.
2. Breathe out softly for 5.5.
3. Keep it even, belly first.

Daily practice: 10–20 minutes.
breathcharge.com/coherent-breathing

Box breathing

in 4

hold 4

out 4

hold 4

1. Breathe in for 4.
2. Hold full for 4, shoulders soft.
3. Breathe out for 4, hold empty for 4.

Before a big moment: 2–5 minutes.
breathcharge.com/box-breathing

4–7–8 breathing

in 4

hold 7

out 8

1. Breathe in quietly through the nose for 4.
2. Hold for 7.
3. Breathe out through the mouth for 8.

Bedtime wind-down: 4 breaths, building up.
breathcharge.com/4-7-8-breathing

7–11 breathing

in 7

out 11

1. Breathe in for a count of 7.
2. Breathe out for a count of 11.
3. Counts can be quicker than seconds.

Anxious moments: 3–5 minutes.
breathcharge.com/7-11-breathing

Free guided timers for every technique: breathcharge.com · For relaxation and wellbeing, not medical advice. Check with a clinician first if you have a heart, lung or panic condition, or are pregnant.