

A PRACTICAL WELLBEING GUIDE



Breathe with calm

Simple exercises to slow down, become more present and create a mindful pause in your day.



Breathing brings you back to the present

A short, gentle practice to notice your body and settle your attention.

Before you begin

- 1 Choose a comfortable and, if possible, quiet place.
- 2 Sit with support or lie down. Relax your shoulders and uncross your legs.
- 3 Breathe without forcing. Your inhale should feel comfortable and your exhale gentle.
- 4 Begin with 2 minutes. If comfortable, gradually increase to 5 minutes.



Practise safely

Stop if you feel dizzy, experience pain, intense tingling, shortness of breath or worsening discomfort. Return to your natural breathing. Do not practise while driving, in water or when operating equipment.

This guide is educational and does not replace medical or psychological assessment. People with heart or respiratory conditions, pregnant people, or anyone experiencing frequent episodes should speak to a healthcare professional before using breathing pauses or holds.

Diaphragmatic breathing

A simple foundation for noticing abdominal movement and breathing with less effort.



Step by step

- 1 Sit comfortably upright. Place one hand on your chest and the other on your abdomen.
- 2 Breathe in gently through your nose. Notice your abdomen expand more than your chest.
- 3 Breathe out slowly through your mouth or nose. Feel your abdomen return without pushing.
- 4 Repeat for 5 to 10 cycles, keeping your face and shoulders relaxed.

REMEMBER

Deep breathing does not mean filling your lungs to the maximum. Aim for quiet, steady and comfortable breathing.

5-10 cycles

Do not force

Natural rhythm

4-4-6 breathing

A slightly longer exhale may support a slower, more comfortable rhythm.

Suggested rhythm

4 : 4 : 6

INHALE

PAUSE

EXHALE

- 1 Breathe in through your nose while counting to 4.
- 2 Pause comfortably for up to 4 counts. Do not hold your breath forcefully.
- 3 Breathe out gently through your mouth or nose while counting to 6.
- 4 Repeat for 4 to 6 cycles. When finished, notice three natural breaths.



Adapt it to your body

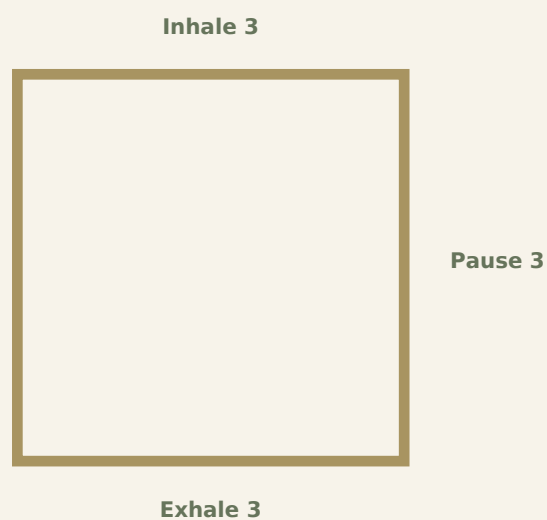
The count is only a guide. If the pause is uncomfortable, remove it and inhale for 4 counts and exhale for 6. Never force the rhythm.

Box breathing

Four equal stages to focus the mind. Keep pauses short and always comfortable.



The cycle



How to practise

- 1 Inhale for 3 counts.
- 2 Pause for 3 counts without holding forcefully.
- 3 Exhale for 3 counts.
- 4 Pause for 3 counts. Repeat for 3 to 5 rounds.

If the pause causes discomfort or shortness of breath, remove it: inhale for 3 and exhale for 3.

Two options for variety

Choose one technique at a time and notice how your body responds.



Alternate nostril breathing

1. Sit comfortably and relax your shoulders.
2. Gently close one nostril and inhale through the other.
3. Switch sides and exhale. Inhale through the same side.
4. Switch again and exhale. Complete 3 slow rounds.



Humming bee breath

1. Inhale gently through your nose.
2. With your lips closed, exhale with a comfortable humming sound.
3. Notice the vibration without increasing the volume.
4. Repeat 3 to 5 times, then return to your natural breathing.

Do not press forcefully on the nostrils or block your ears. Avoid alternate nostril breathing if congested and stop any technique if discomfort occurs.

Breathing with gentle movement

Use a light cushion to coordinate your breathing with your arms, without rushing.



Mindful movement

- 1 Sit with support and hold a light cushion in front of your chest.
- 2 As you inhale through your nose, raise your arms only as far as is comfortable.
- 3 As you exhale gently, bring the cushion back in front of your body.
- 4 Complete 4 to 6 repetitions. Stop if you feel pain in your shoulders, neck or back.

5-MINUTE ROUTINE

1 min

observe

2 min

diaphragm

1 min

4 : 4

1 min

natural



One pause at a time

Choose the most comfortable exercise and practise it regularly for a few minutes. Your breathing does not need to be perfect; it needs to be gentle.

Book your appointment

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SOURCES CONSULTED

NHS - Breathing exercises for stress; Cambridge University Hospitals NHS - Breathing exercises in the treatment of hyperventilation; American Lung Association - Breathing Exercises. Content adapted for wellbeing education.

Notice: educational material. It is not intended to diagnose, treat or replace medical care. Seek urgent medical help for severe or sudden shortness of breath, chest pain, fainting or blue discolouration of the lips.