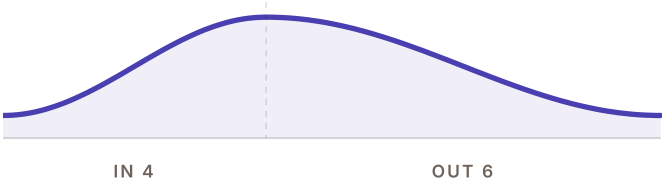
cut along the dashed lines

A LONGER OUT-BREATH

4-6 breathing

a longer exhale

4 · 6
IN OUT



1. Sit back or lie down, one hand on your belly.
2. **Breathe in** through your nose for 4 seconds.
3. **Breathe out** slowly for 6 seconds, through your nose or soft lips.
4. Keep going for 2 to 10 minutes. Lost count? Start again from one.

One round 10 s · 6 breaths a minute · 12 rounds, 2 minutes

Good at bedtime: lights low, eyes closed.

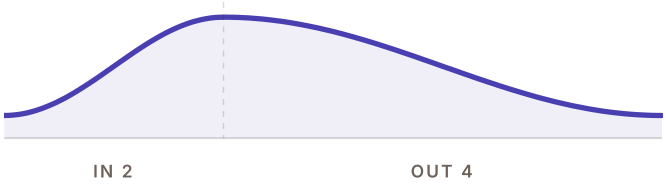
breathform.app/breathing/4-6-breathing

A LONGER OUT-BREATH

Pursed-lip breathing

blow out a candle

2 · 4
IN OUT



1. Relax your neck and shoulders.
2. **Breathe in** gently through your nose for 2 seconds.
3. **Breathe out** for 4 through softly pursed lips, as if cooling a spoonful of soup.
4. Let the air leave without pushing. 15 rounds is 90 seconds.

One round 6 s · 10 breaths a minute · 15 rounds, 90 seconds

If you have COPD, use this alongside your care team's advice.

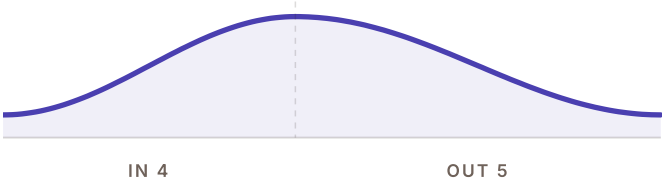
breathform.app/breathing/pursed-lip-breathing

A LONGER OUT-BREATH

Grounding breathing

feet on the floor

4 · 5
IN OUT



1. Feel your feet on the floor and your back against the chair.
2. **Breathe in** for 4 seconds, noticing where you touch the ground.
3. **Breathe out** for 5 seconds, letting your weight sink.
4. 13 rounds is about 2 minutes.

One round 9 s · 6.7 breaths a minute · 13 rounds, about 2 minutes

Eyes open is fine: look at one still thing.

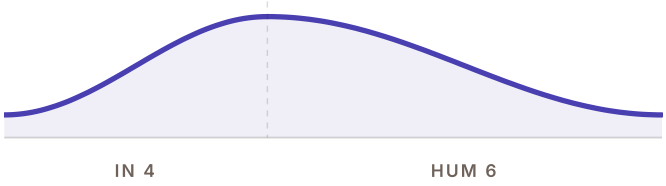
breathform.app/breathing/grounding-breathing

A LONGER OUT-BREATH

Humming bee breath

bhramari

4 · 6
IN HUM



1. Sit comfortably, lips closed, jaw soft.
2. **Breathe in** through your nose for 4 seconds.
3. **Hum** softly on the way out for 6 seconds: a low "mmm".
4. Feel the buzz in your face and chest. 12 rounds is 2 minutes.

One round 10 s · 6 breaths a minute · 12 rounds, 2 minutes

Keep it quiet enough that only you can hear it.

breathform.app/breathing/humming-bee-breath

cut along the dashed lines

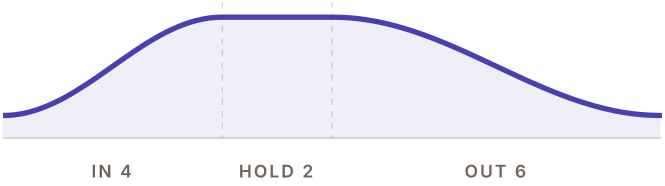
A LONGER OUT-BREATH

4-2-6 breathing

a pause, then a long breath out

4 · 2 · 6

IN HOLD OUT



1. Sit with your back supported.
2. **Breathe in** for 4 seconds.
3. **Pause** softly at the top for 2.
4. **Breathe out** for 6 and let your shoulders drop. 10 rounds is 2 minutes.

One round 12 s · 5 breaths a minute · 10 rounds, 2 minutes

The pause is tiny: if it feels tight, skip it.

breathform.app/breathing/4-2-6-breathing

WHICH BREATH, WHEN?

Pick by the moment

not by the name

BEFORE A CALL, A TALK OR AN EXAM
Box breathing, 2 minutes

A TENSE MOMENT, RIGHT NOW
One or two physiological sighs

WINDING DOWN AT NIGHT
4-6 breathing, or 4 rounds of 4-7-8

HEAD FULL, CAN'T SETTLE
Humming bee breath

LOST IN YOUR THOUGHTS
Grounding breathing, feet on the floor

A FEW QUIET MINUTES
Coherent breathing, 5 in and 5 out

Slower, not bigger. Comfort comes first.

breathform.app/breathing

YOUR OWN BREATH

Your own count

for the moment only you know about

IN	HOLD	OUT	REST

Rounds _____

When I'll use it _____

Keep the out-breath at least as long as the in-breath to calm down.
breathform.app/breathing

USING THESE CARDS

Keep one in reach

by the kettle, on the desk, in a bag

PRINT
On card if you have it. On US Letter paper, choose "Fit to page".

CUT
Along the dashed lines: four cards to a sheet.

START SMALL
2 minutes is plenty. Shorten any count that feels long.

SHARE
Print as many as you like for home, class or work.

Every card plays as a guided timer online.

breathform.app/breathing/printable-breathing-cards