cut along the dashed lines

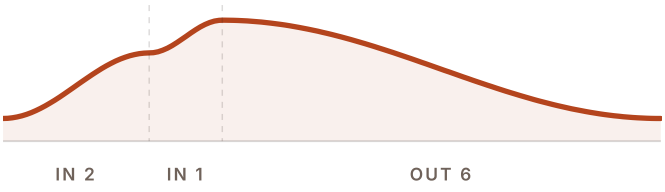
SIGHS AND LIFTS

Physiological sigh

cyclic sighing

2 · 1 · 6

IN IN OUT



1. **Breathe in** through your nose for 2 seconds.
2. Take a **second, smaller sip** of air on top, for 1.
3. **Breathe out** slowly through your mouth for 6.
4. 10 rounds is 90 seconds. Or one or two sighs, whenever you need them.

One round 9 s · 6.7 breaths a minute · 10 rounds, 90 seconds

Slower, not bigger: the long out-breath does the work.

breathform.app/breathing/physiological-sigh

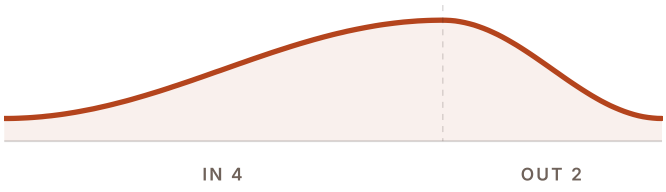
SIGHS AND LIFTS

Energising breath

a longer in-breath

4 · 2

IN OUT



1. Sit tall, feet on the floor.
2. **Breathe in** for 4 seconds, light and easy.
3. **Breathe out** for 2.
4. 10 rounds is 1 minute. If you feel light-headed, stop and breathe normally.

One round 6 s · 10 breaths a minute · 10 rounds, 60 seconds

For the afternoon slump: keep it gentle, never forced.

breathform.app/breathing/breathing-for-energy

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