cut along the dashed lines

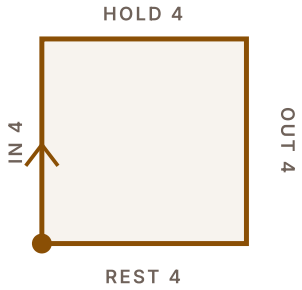
WITH HOLDS

Box breathing

square breathing

4 · 4 · 4 · 4

IN HOLD OUT REST



1. **Breathe in** through your nose for 4 seconds.
2. **Hold** for 4. Keep your jaw and shoulders soft.
3. **Breathe out** slowly for 4.
4. **Rest** for 4, then begin again. 8 rounds is about 2 minutes.

One round 16 s · 3.75 breaths a minute · 8 rounds, about 2 minutes

If 4 feels long, use 3 a side.

breathform.app/breathing/box-breathing

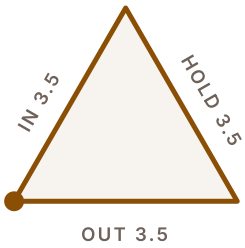
WITH HOLDS

Triangle breathing

three even sides

3.5 · 3.5 · 3.5

IN HOLD OUT



1. **Breathe in** for 3.5 seconds, up the first side.
2. **Hold** gently for 3.5, down the second side.
3. **Breathe out** for 3.5, along the bottom.
4. Counting in your head? 3 or 4 a side works. 11 rounds is 2 minutes.

One round 10.5 s · 5.7 breaths a minute · 11 rounds, about 2 minutes

Trace the sides with a finger to keep your place.

breathform.app/breathing/triangle-breathing

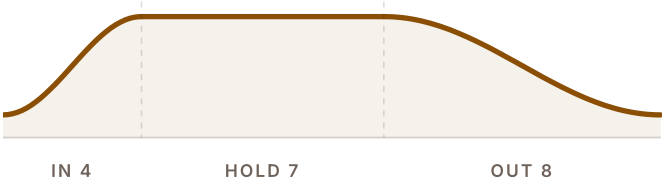
WITH HOLDS

4-7-8 breathing

the relaxing breath

4 · 7 · 8

IN HOLD OUT



1. **Breathe in** quietly through your nose for 4 seconds.
2. **Hold** for 7, softly, with your jaw loose.
3. **Breathe out** through your mouth for 8, with a soft “whoosh”.
4. Do 4 rounds, about 76 seconds.

One round 19 s · 3.2 breaths a minute · 4 rounds, 76 seconds

If the hold feels like too much, shorten it.

breathform.app/breathing/4-7-8-breathing

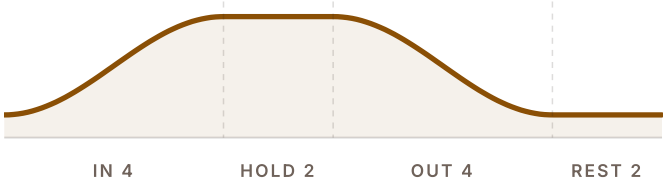
WITH HOLDS

Anchor breathing

4-2-4-2 breathing

4 · 2 · 4 · 2

IN HOLD OUT REST



1. **Breathe in** for 4 seconds.
2. **Pause** for 2 at the top.
3. **Breathe out** for 4.
4. **Pause** for 2 at the bottom. 10 rounds is 2 minutes.

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

Short pauses, no effort: a gentle box.

breathform.app/breathing/anchor-breathing

cut along the dashed lines

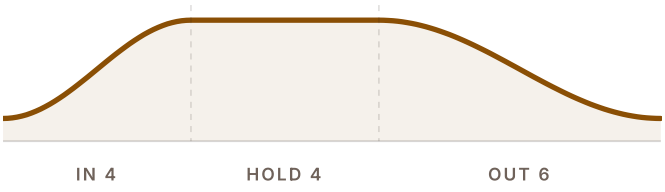
WITH HOLDS

4-4-6 breathing

a hold and a longer out-breath

4 · 4 · 6

IN HOLD OUT



1. **Breathe in** for 4 seconds.
2. **Hold** for 4, shoulders soft.
3. **Breathe out** slowly for 6.
4. 8 rounds is just under 2 minutes.

One round 14 s · 4.3 breaths a minute · 8 rounds, about 2 minutes

Shorten the hold to 2 if it feels tight.

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

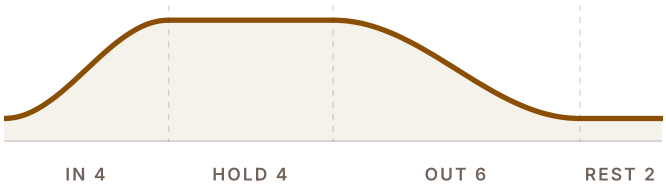
WITH HOLDS

4-4-6-2 breathing

a slow, sheltering rhythm

4 · 4 · 6 · 2

IN HOLD OUT REST



1. **Breathe in** for 4 seconds.
2. **Hold** for 4.
3. **Breathe out** for 6.
4. **Rest** for 2 before the next breath. 8 rounds is about 2 minutes.

One round 16 s · 3.75 breaths a minute · 8 rounds, about 2 minutes

For the end of the day: the rest is where the quiet is.

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