

# Breathing Techniques Worksheet

Use these breathing techniques to manage your energy and mood. Practice them regularly or whenever you feel anxious, tired, overwhelmed, or unfocused.

## 1. Box Breathing (4-4-4-4 Method) – For Calming

Purpose: Reduces stress, helps you feel grounded and focused.

How to do it:

1. Inhale through your nose for 4 seconds
2. Hold your breath for 4 seconds
3. Exhale slowly through your mouth for 4 seconds
4. Hold your breath again for 4 seconds
5. Repeat for 3–5 minutes

Tip: Picture a square in your mind and trace its four sides with each breath step.

## 2. 4-7-8 Breathing – For Deep Relaxation

Purpose: Great for calming nerves, helping with sleep, and reducing anxiety.

How to do it:

1. Inhale quietly through your nose for 4 seconds
2. Hold your breath for 7 seconds
3. Exhale completely through your mouth (make a whooshing sound) for 8 seconds
4. Repeat 4 times

Note: If this feels too long, start with 4-4-4 and build up.

## 3. Stimulating Breath (2 Quick Inhales, 1 Exhale) – For Energy

Purpose: Boosts alertness, wakes up your brain and body.

How to do it:

1. Take 2 quick inhales through your nose: Inhale–Inhale
2. Follow with 1 strong exhale through your mouth: Exhale
3. Repeat for 20–30 seconds or up to 1 minute

Tip: Keep it rhythmic. Don't overdo it - stop if you feel lightheaded.

## Reflection:

How did you feel before and after each technique?

Which one felt best for you?

Where can you use these techniques throughout the day to manage your energy?

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