

A calmer
brighter
tomorrow
is possible

Slow Your Breathing, Settle Your Body

Slow
is
enough

A simple way to help your nervous system settle when stress, anxiety, or overwhelm starts rising.

Breathe
Be Here
You Got This

1 Why breathing helps

Slow, intentional breathing can send cues of safety to your nervous system. It helps activate the parasympathetic nervous system (the "rest and digest" response), which can lower stress hormones, slow your heart rate, help you feel calmer, and support emotional regulation.

A few
breaths
can help

2 Signs this may help

Slow breathing may be helpful when you notice:



A tight
chest



Racing
thoughts



A shaky
body



Irritability



Feeling
on edge

Your body is giving you information — and breathing can help.

3 Start here

Try this simple breathing pattern:



Breathe in
gently through
your nose for

4



Breathe out
slowly through
your nose or
mouth for

6



That's one breath. Try it a few times, at your own pace.

Breathe in calm. Breathe out tension.

4 What matters most

A longer exhale often helps more than forcing a deep inhale. You do not need to take a huge breath in. Let the out breath be a little longer, softer and slower. This can help your body feel safer and more settled.

Exhale
matters.

Softer. Slower. Safer.

5 Three ways to try it

Find what feels good for you. You can:



1. Hand on chest
and belly

Place one hand on your chest and one on your belly. Notice your belly rise and fall with each breath.

Feel your breath.



2. Count in
your head

Breathe in for 4, breathe out for 6. Count at your own pace.

Count what helps.



3. Fog a mirror
(slowly)

Breathe out slowly like you are gently fogging a mirror. Make the exhale long and steady.

Slow and steady.

6 If breathing feels hard

That's okay. Try one of these:



Try smaller breaths.

You do not have to breathe deeply. Even gentle, shallow breaths can help.



Keep your eyes open.

This can help you feel more grounded, especially if closing your eyes feels uncomfortable.



Pair it with looking

around the room. Notice 3 things you can see, 3 things you can hear, and 3 things you can feel. This can help your brain feel safer.

Do what works for you.

7 A gentle reminder

The goal is not perfect breathing. The goal is helping your body feel a little less alarmed. A few slow breaths can make a difference. You are doing enough.

Progress
over
perfection.

Calmer Today
Stronger Tomorrow
You Belong Here