

BREATHING RESET

A gentle way to slow down, find a comfortable rhythm, and return to what matters.

START HERE

Your breathing does not need to be perfect. Choose the option that feels easiest, or simply rest and notice your natural breath.

1 Get comfortable first

Sit or stand with support. Loosen your shoulders and jaw. Let your feet rest on the floor, if that works for you.

2 Pick ONE breathing option

OPTION A / Easy exhale

Breathe in gently at your own pace. Let the breath out softly, a little longer if comfortable. Repeat 3-5 times, without forcing.

OPTION B / Follow a simple rhythm

Try breathing in for about 3 counts and out for about 4 counts. Skip counting whenever it feels awkward. Do not hold your breath.

3 Check in rather than push through

☐ My breathing feels easier

☐ I feel about the same

☐ I want to stop and use another reset

4 Choose your next move

Take one manageable step: get water, ask for support, return to one task, or take a longer pause.

IMPORTANT

Never force deep breaths or continue through dizziness, pain, or increased discomfort. Return to normal breathing or stop. For severe or urgent symptoms, seek appropriate medical help.

MY BREATHING PRACTICE PAGE

Try it, notice what happens, and create a reset you can use again.

DATE / TIME: _____

PLACE / SITUATION: _____

1 What told me I needed a pause?

A body sensation, thought, situation, or moment I noticed:

2 Which option did I try?

☐ Easy exhale

☐ Simple rhythm

☐ Natural breath

Other / adjustments: _____

3 What felt comfortable or uncomfortable?

4 What changed (or did not change)?

☐ A little easier

☐ No noticeable change

☐ Harder

What I noticed: _____

5 My plan for next time

☐ Repeat this option

☐ Try another option

☐ Use a different reset

☐ Ask someone for support

MY REMINDER: _____