

BREATHING

Breathing and Slowing Down

A simple breathing practice to calm the nervous system and create space between stimulus and response.

When we slow the breath — particularly the out-breath — we signal to the body that it is safe to settle.

How to practise

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| 01 | Settle | Sit or stand comfortably. Soften your shoulders and, if it feels right, let your eyes close or lower your gaze. |
| 02 | Breathe in | Breathe in gently through your nose for a count of four, letting the breath travel low into your belly rather than your chest. |
| 03 | Pause | Hold softly for a count of one or two — no straining. |
| 04 | Breathe out | Breathe out slowly through your mouth for a count of six, as if you were gently blowing on a warm drink. |
| 05 | Repeat | Continue for one to three minutes, or for as long as feels comfortable. Let each out-breath be an invitation to soften a little more. |

Gentle reminders

- A longer out-breath than in-breath is what matters most — the exact counts are only a guide. Find a rhythm that feels easeful for you.
- If counting feels stressful, simply think “in... slow... out... slower” instead.
- Feeling a little light-headed means you are trying too hard. Return to normal breathing and try again more gently later.

None of this is homework, and none of it is required — take what feels helpful and leave the rest.