Breathing techniques card

3 techniques from research

CYCLIC SIGHING (5 min): deep breath in through the nose → short second inhale → long breath out through the mouth

SLOW BREATHING (5–10 min): in for 4 sec → out for 6 sec ≈ 6 breaths a minute

BOX BREATHING (1–2 min): in 4 → hold 4 → out 4 → hold 4

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Morning	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Afternoon	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Evening	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Stop if you feel very dizzy or have chest pain.