



HEALTH AND WELLBEING CHECKLIST

Date

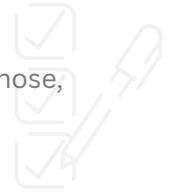
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Calm Breathing Techniques

Practicing calm breathing techniques can reduce stress and improve focus. Use this checklist to incorporate simple breathing exercises into your day.

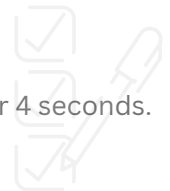
Start with Deep Diaphragmatic Breathing

- Place one hand on your chest and the other on your belly. Inhale deeply through your nose, expanding your belly, then exhale slowly.
- Tip: Aim for 5-deep breaths.



Try Box Breathing

- Inhale for 4 seconds, hold your breath for 4 seconds, exhale for 4 seconds, and hold for 4 seconds.
- Tip: Repeat the cycle for 2-3 minutes.



Practice Alternate Nostril Breathing

- Close one nostril with your thumb, inhale through the open nostril, then switch nostrils to exhale. Repeat on the other side.
- Tip: Do this for 1-2 minutes to calm your mind.



Use 4-7-8 Breathing for Relaxation

- Inhale for 4 seconds, hold for 7 seconds, and exhale slowly for 8 seconds.
- Tip: Use this technique before bed to promote sleep.



Incorporate Humming Breath

- Take a deep breath in through your nose and hum softly as you exhale.
- Tip: Focus on the vibration and sound to calm your mind.



Use Pursed-Lip Breathing

- Inhale through your nose and exhale through pursed lips as if you're blowing out a candle.
- Tip: This technique is helpful during moments of stress or anxiety.



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Calm Breathing Techniques

Practice Belly Breathing While Walking

- Synchronise your breathing with your steps: inhale for three steps, exhale for three steps.
- Tip: Use this technique during a calming walk in nature.



Set Aside Time for Breathing Practice Daily

- Dedicate 5-minutes each day to focus solely on your breathing.
- Tip: Use a guided meditation app like Calm or Insight Timer if needed.



Combine Breathing with Visualisation

- Picture a peaceful scene, like a beach or forest, as you practice deep breathing.
- Tip: Imagine the air you're inhaling is soothing and the air you're exhaling is releasing tension.



Use Breathing to Reset in Stressful Moments

- Pause and take three deep breaths whenever you feel overwhelmed.
- Tip: Repeat a calming phrase like "I am calm" or "This too shall pass."



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