the deep breath

the power of breathing

Calms stress, lowers heart rate, and boosts focus and resilience

A Breath

When you take a deep, controlled breath, your body gets a signal that it's safe

It brings you back to the present · steady, softer, and more connected

Breathing Guide

Inhale
🕐 5 seconds

Breathe in through your nose

01

02

Hold
🕐 10 seconds

Hold the breath in your belly

Exhale
🕐 10 seconds

Slowly breathe out through pursed lips

03

After 1 deep breath, take 4 regular deep breaths before repeating

Use it when

☑ You feel anxious or panicked

☑ You're caught in thoughts

☑ You just need a moment

☑ You're about to journal

One deep breath won't fix everything · but it can shift everything just a little

all parts are **welcome**