

Breathing & Calming Techniques Sheet

Use these simple breathing exercises and calming techniques to support relaxation, reduce stress, and help your body return to a grounded, peaceful state.

1. 4–6 Breathing

Inhale for 4, exhale for 6. Repeat for 1–3 minutes.

2. Box Breathing (4–4–4–4)

Inhale 4 • Hold 4 • Exhale 4 • Hold 4.

3. Belly Breathing

Place a hand on your stomach and breathe slowly into your belly.

4. Calming Exhale

Take a soft inhale and a long, slow exhale.

5. Shoulder Drop

Breathe in, lift shoulders gently; breathe out, release fully.

6. Softening Scan

Breathe into your jaw, shoulders, and stomach, relaxing each area.

7. Quiet Counting Breath

Count your breaths from 1 to 10, then repeat.

Reflection

Which technique helped you feel the most calm?
