

EMOTIONAL REGULATION

CALM YOUR SYSTEM

EXERCISE 16

When you're stressed, your 'fight-flight-freeze' system takes over. Slow, deliberate breathing manually switches on your body's 'rest and digest' mode.

Step 1: Get Comfortable

- Sit with feet flat on the floor (or lie down).
- Rest one hand on your stomach to feel it rise and fall.
- Have a timer or clock visible (optional).

STEP 2: TRY '4-6 BREATHING'

04

INHALE

Gently through nose

06

EXHALE

Slowly through mouth

REPEAT FOR 5-10 ROUNDS | APPROX. 1-2 MINUTES

TURN OVER TO NOTICE THE SHIFT →

THE SHIFT

Step 3: Notice The Shift

HEART RATE SLOWING?

SHOULDERS DROPPING?

LESS RACING THOUGHTS?

Step 4: Reflect

DID I FEEL CALMER AFTERWARDS?

WOULD A DIFFERENT RHYTHM SUIT ME BETTER? (E.G. BOX BREATHING 4-4-4-4)

"Breathing is portable regulation: no equipment, just you."