5-Minute Breathing Reset

A short pause to slow down and return to the present.

0:00-1:00 · Arrive

Sit comfortably. Soften your jaw and shoulders. Do not try to breathe “perfectly”; simply notice how you are breathing.

1:00-3:30 · Lengthen the exhale

Inhale gently through the nose for 4 counts and exhale for 6. Repeat without forcing. If that count is uncomfortable, make it shorter.

3:30-4:30 · Feel

Let the breath return to normal and notice three points of contact between your body and the environment.

4:30-5:00 · Return

Choose one simple intention for the next moment: “one thing at a time”, “speak more slowly” or “come back to the body”.

If you feel dizzy or uncomfortable, return to your usual breathing. This is a general wellbeing practice and does not replace medical care.