

# Breathing Exercises & Grounding Techniques

*Simple practices you can use anytime to calm your mind, reset your nervous system, and return to the present moment.*

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## 1. Box Breathing (4–4–4–4)






- Inhale through your nose for **4 counts**
- Hold your breath for **4 counts**
- Exhale slowly through your mouth for **4 counts**
- Pause for **4 counts**
- Repeat 3–5 rounds

✨ *Affirmation:* “I am safe. I am steady. I am here.”

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## 2. 5-4-3-2-1 Grounding

Use your senses to anchor into the present:

- 5 things you can **see** 
- 4 things you can **touch** 
- 3 things you can **hear** 
- 2 things you can **smell** 
- 1 thing you can **taste** 

✨ *Prompt:* “Right now, in this moment, I am okay.”

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### 3. Hand on Heart Breathing

- Place one hand on your heart and one on your belly
- Inhale slowly, feeling your chest rise
- Exhale gently, feeling your body soften
- Repeat for 1–2 minutes

✨ *Mantra:* “With each breath, I return to peace.”

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### 4. 4-7-8 Relaxation Breath

- Inhale deeply for **4 counts**
- Hold for **7 counts**
- Exhale slowly for **8 counts**
- Repeat 3–4 times before sleep or when anxious

✨ *Affirmation:* “I release tension. I welcome calm.”

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### 5. Progressive Muscle Relaxation

- Start at your feet → tense muscles for **5 seconds**
- Release and notice the difference
- Move up through legs, hips, stomach, arms, shoulders, face

- End with a full-body inhale + release

✨ *Mantra:* “I let go, and my body finds ease.”

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## 6. Breathing with Visualization ☀️

- Inhale and imagine light filling your body
- Exhale and imagine stress leaving like gray smoke
- Repeat for 5 breaths

✨ *Affirmation:* “I breathe in clarity, I breathe out release.”

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## Closing Note

These techniques can be practiced in under 5 minutes or expanded into a longer session. Keep one or two “go-to” practices in mind for moments of overwhelm, and return to them often.