



Educational leaflet · 02

Breathing techniques

The breath is the simplest tool for regulating the nervous system, and you always have it with you. A longer out-breath calms body and mind, lowers tension and helps you move through difficult emotions and cravings. Choose the technique that serves you best.



Box breathing (4-4-4-4)

Breathe in for 4 sec., hold for 4 sec., breathe out for 4 sec., hold for 4 sec. Repeat 4 to 6 times. Great for quickly calming down and focusing.



4-7-8 breathing

Breathe in through the nose for 4 seconds, hold for 7, breathe out slowly through the mouth for 8. Calming before sleep and in moments of strong tension.



Diaphragmatic breathing

Place a hand on your belly. Breathe in so that the belly rises, not the chest, then breathe out slowly. It activates the body's relaxation response.



Extended out-breath

Breathe in for 4, out for 6 to 8. A longer out-breath alone is naturally calming. Simple and discreet in any situation.

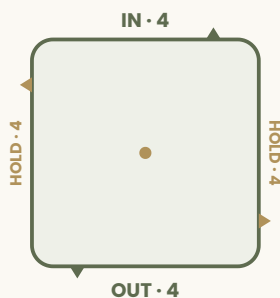


Calming breath

When tense or with racing thoughts: take a deep breath in through the nose, add one more short in-breath, then a long, slow out-breath through the mouth. Repeat 2 to 3 times and notice your body soften. Popularised by prof. Andrew Huberman.

When a craving, a strong emotion or anxiety arises, pause and take 6 calm breaths before you react. It is a short moment that gives you a choice. Breathe through your nose, shoulders relaxed, and direct your attention to a calm, long out-breath.

Box breathing, a helpful diagram



WWW.ZEUSREHAB.COM

TEL. +48 537 677 773

Imagine drawing a square with your breath. Each side lasts 4 seconds: breathe in going up, hold going right, breathe out going down, hold going left. Repeat 4 to 6 full loops. Choose a pace that feels comfortable; over time you can extend it to 5 or 6 seconds per side.

WHICH BREATH, WHEN?

For tension

Box breathing (4-4-4-4), quickly restores focus and calm.

Before sleep

4-7-8 breathing, calms the body and helps you fall asleep.

Every day

Diaphragmatic breathing, builds a lasting habit of calm breathing.