



Breathwork for Anxiety

Cheat Sheet

Use this printable guide to support your emotional wellness. Each breath technique below is science-backed and easy to use anywhere, anytime. Breathe slowly, be consistent, and return to calm with every breath.

1. Box Breathing (4-4-4-4 Pattern)

Inhale for 4 seconds -
Hold your breath for 4 seconds
Exhale for 4 seconds
Hold again for 4 seconds

Repeat this cycle for 1-5 minutes. Creates rhythm, lowers heart rate, and restores calm.

2. Extended Exhale Breathing

Inhale for 4 seconds
Exhale slowly for 6 to 8 seconds Longer exhales activate your parasympathetic nervous system, sending safety signals to your brain.

Use during moments of stress or overwhelm.

3. Alternate Nostril Breathing (Nadi Shodhana)

Close your right nostril with your thumb
Inhale through the left nostril
Close the left nostril with your ring finger
Exhale through the right nostril
Inhale through the right nostril
Close it, and exhale through the left

Repeat for 1-3 minutes. This balances your nervous system and restores mental clarity.

Create a Daily Breath Ritual

Morning: Use box breathing to ground yourself before your day starts.

Midday: Use extended exhale after lunch to reset and prevent afternoon fatigue.

Evening: Try alternate nostril breathing before bed to calm your mind and promote sleep.