

# Your Breathing Exercise Guide

## Simple Techniques to Support Calm, Focus, and Better Health

These four easy breathing exercises can help you relax, boost oxygen flow, and support your overall wellbeing. Practice daily or whenever you feel stressed, tired, or overwhelmed.



### DIAPHRAGMATIC (BELLY) BREATHING



#### STEP 1

Sit or lie comfortably.



#### STEP 2

Place one hand on your belly and the other on your chest.



#### STEP 3

Breathe in slowly through your nose, feeling your belly rise.



#### STEP 4

Exhale gently through your mouth, letting your belly fall.

#### REPEAT FOR 3-5 MINUTES.

Benefits: Calms the nervous system, lowers stress hormones, supports lung strength.

### BOX BREATHING (4-4-4-4)



#### STEP 1

Inhale through your nose for 4 seconds.



#### STEP 2

Hold your breath for 4 seconds.



#### STEP 3

Exhale slowly through your mouth for 4 seconds.



#### STEP 4

Hold for 4 seconds.

#### REPEAT FOR 4-6 ROUNDS.

Benefits: Used by athletes and first responders to stay calm and alert under pressure.

### PURSED-LIP BREATHING



#### STEP 1

Sit in a comfortable upright position.



#### STEP 2

Inhale gently through your nose for 2 seconds.



#### STEP 3

Purse your lips as if blowing through a straw or whistling.



#### STEP 4

Exhale slowly for 4-6 seconds.

#### USE DURING ACTIVITY OR ANYTIME YOU FEEL BREATHLESS.

Benefits: Helps manage shortness of breath, especially for those with COPD or lung conditions.

### COHERENT BREATHING



#### STEP 1

Sit or lie comfortably, close your eyes to relax.



#### STEP 2

Inhale slowly through your nose for 6 seconds.



#### STEP 3

Exhale gently for 6 seconds.

#### AIM FOR 5-10 MINUTES DAILY.

Benefits: Reduces anxiety, improves heart rate variability, promotes deep calm.

**TIP:** For best results, practice in a quiet space and avoid shallow, chest-based breathing.



SCAN WITH YOUR  
PHONE'S CAMERA



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## Breathe Better, Feel Safer

This guide is designed to support your daily breathing practice anytime, anywhere. For real-time health monitoring and 24/7 nurse-on-call support, download the INS LifeGuardian® app and turn your phone into a personal alarm you can trust.