



A PEACEFUL PATH

HYPNOTHERAPY & RELAXATION

Breathing Techniques for Calm

When panic shows up, your survival brain has taken charge.

These simple tools can help you *stand it down* and remind your body that you are safe.

Try them and notice which one works best for you.

2 Step Layered Breathing

Take a **full**, gentle breath **in** through the nose, **add** one more **sip of air** on top, filling the lungs a little more.

Exhale slowly and fully through the mouth or nose.

3 Step Layered Breathing

Take a small breath **in**, then **another** small **sip of air**, then a **final fuller breath** — stacking the breath in three gentle layers.

Exhale slowly in one long, smooth breath.

Box Breathing

Inhale for 4 → **Hold** for 4 → **Exhale** for 4 → **Hold** for 4.

(Imagine drawing a square with your breath).

4-7-8 Breathing

Inhale through the nose for 4.

Hold for 7.

Exhale through the mouth for 8.

Alternate Nostril Breathing

(hold down the nostril you are not using)

Inhale left → **Exhale** right.

Inhale right → **Exhale** left.

3-Part Belly Breathing

Inhale into the belly → then ribs → then chest.

Exhale slowly in reverse.

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