FREE PRINTABLE · HEART BREATH

The morning breath routine

You don't have to feel ready. You just have to breathe.

Why it helps: a slow, long breath out is the quickest way I know to settle a racing mind and a tight stomach. The body leads, and the mind follows.

3	In 4	Out 8
minutes	gently, through your nose	slowly, through pursed lips

1. Set a timer for three minutes.
2. Sit comfortably and let your shoulders drop.
3. Breathe in gently through your nose for a count of four.
4. Breathe out slowly through pursed lips, as if through a straw, for a count of eight.
5. Keep going until the timer ends.
6. Notice your stomach, and then your mind. Is it a little quieter in there?

If eight feels too long today, shorten it. Something gentler still counts.

Go gently. If you feel light-headed, dizzy or unwell at any point, stop and breathe normally. If you're struggling right now, please reach out to your GP, or call Samaritans free on 116 123, any time of day or night.

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These exercises share what helped me. They are not medical advice or a replacement for professional care.