

Calming Breath

A simple, easily learned breathing pattern that instantly and measurably reduces anxiety and stress

1. Inhale a medium size breath through your nose with your mouth shut.
2. Exhale that one breath out through the mouth in three stages with approximately 4 seconds between each stage. Make a “shhhhh” sound out loud with each exhalation.
3. Repeat this process with at least three breaths three times daily. (9 breaths daily)

- Developed by Dr. Marc Schoen from UCLA and reprinted with his permission



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