

PHYSIOLOGICAL SIGH

Your breath is one of the most powerful tools you have to regulate your emotions, calm your nervous system, and restore balance to your mind and body. Most of us breathe unconsciously, but when you learn to breathe intentionally, you gain access to your body's natural ability to reset, refocus, and relax.

Why it matters:

Every emotional state has a breathing pattern. When you change your breath, you change your state. Conscious breathing helps reduce stress hormones, lower heart rate, improve focus, and bring clarity and calm to your mind.

Practice breathing: 5-5 breath, 4-7-8 breath, “box” breathing, physiological sigh

The Physiological Sigh

A simple, science-backed technique to calm your body in seconds.
It's one of the fastest ways to interrupt a stress response and restore inner balance.

How to do it:

1. Inhale deeply through your nose.
2. Take a second quick inhale (a short sip of air).
3. Exhale slowly and completely through your mouth.

Repeat this **1–3 times** to release tension and activate your body's natural relaxation response.

You can use this anytime—before a big meeting, after a stressful moment, or whenever you feel anxious or overwhelmed.

Remember:

Your breath is always with you. It's your built-in reset button - a way to return to calm, focus, and alignment whenever life feels out of balance.