

Breathing Techniques

Body & health

Three patterns with evidence behind them, and what each is for.

Counts in seconds. All can be done seated, anywhere.

Technique	Pattern	For
Box breathing	4 in · 4 hold · 4 out · 4 hold	Focus before a task
Extended exhale	4 in · 6–8 out	Calming, fastest effect
Physiological sigh	2 in through nose · long out	Immediate relief
Coherent breathing	5 in · 5 out, 5 min	Sustained regulation

A longer exhale increases parasympathetic activity, which lowers heart rate. That is the mechanism in all of these.