

Breathing Cheat Sheet

Concise cues for the most-used NeuroBreath techniques.

Keep this summary to hand when leading rapid breathing sessions or briefing new participants. Use it alongside the digital timers or audio guides so pacing stays consistent across groups.

4-7-8 (calming)

Inhale through the nose for four seconds, hold softly for seven, then exhale through the mouth for eight while relaxing the shoulders.

Best used for winding down at night or resetting after adrenaline spikes. Skip the hold if users feel light-headed.

Coherent 5-5 (HRV support)

Breathe in for five seconds and out for five seconds with no holds. Keep the belly loose to encourage diaphragmatic movement.

Aim for five to six minutes to reach heart-rate variability coherence and improve recovery.

Box 4-4-4-4 (focus reset)

Inhale for four, hold for four, exhale for four, hold for four. Visualise drawing a square to maintain rhythm.

Use before meetings, exams, or lessons when attention needs a neutral reset. Reduce hold lengths for younger children.

SOS 60 (fast grounding)

Pattern: inhale 4 seconds, hold 2, exhale 6, hold 2. Repeat for one minute while keeping feet grounded.

Pair with sensory grounding (cold water, textured object) to interrupt panic spirals.

Action checklist

- Print and laminate for classrooms, clinics, or community spaces.
- Add local crisis numbers to the reverse side before distributing.
- Model each pattern once before handing the sheet to new users.

Trusted resources

- Harvard Health Publishing Breath control
(<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>)

- Mayo Clinic Relaxation techniques
(<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368>)

Quick reference only. Adapt pacing for medical conditions that limit breath holds.