

# Pre-Deep Work Preparation Guide

## 1. What is Resonance Frequency Breathing?

Resonance frequency breathing (also known as coherent breathing) is a slow and controlled breathing technique, typically around 5-6 breaths per minute.

A common breathing pattern is:

- Inhale for 5 seconds
- Exhale for 5 seconds
- Repeat this for 5-10 minutes

This breathing method helps calm your nervous system, stabilize your heart rate, and bring your mind to a focused and relaxed state.

## 2. Benefits Before Deep Work or Study

- \* Calms mental noise and anxiety
- \* Helps reduce urges for distractions like TikTok or Instagram
- \* Activates your prefrontal cortex (decision-making center)
- \* Prepares your mind for focused and sustained work

Just 5 minutes of this breathing can put you into a 'ready to focus' mode.

## 3. Suggested Routine Before Deep Work

1. Sit comfortably. Close your eyes.
2. Practice resonance breathing (5s inhale, 5s exhale) for 5-10 minutes.
3. Open a journal or notepad. Write down your goal for the session.

Example: "For the next 45 mins, I will focus on solving math problems."

4. Use a Pomodoro timer (25-45 minutes).
5. Play focus music (lo-fi, brown noise, or silent).
6. Turn off or block distractions (use apps like Forest, Focus Mode, Cold Turkey).
7. Begin deep work.

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This small ritual improves consistency and makes your brain associate this routine with productivity.

## 4. Optional Tools

- Guided breathing apps (e.g., Breathwrk, Othership, or YouTube videos)
- Journaling tools (physical or digital like Notion)
- Distraction blockers (Forest, Cold Turkey, Focus To-Do)
- Noise-cancelling headphones for a quiet environment

## 5. Final Tip

Just doing 5 minutes of breathing can change your mental state completely.

It's a powerful yet simple tool to build discipline and train your brain to enter a flow state.

Start today. Stay consistent.