



# BREATHWORK RESET GUIDE





### BREATHWORK RESET GUIDE

## Simple Practices to Return Your Nervous System to Safety

### Welcome



Your breath is the doorway between conscious and unconscious regulation.

It's the one part of your autonomic nervous system you can control directly—and when you do, everything else begins to shift.

This guide offers simple, evidence-informed breathwork practices you can use anytime your system feels overloaded, anxious, or stuck.

No equipment needed. No expertise required. Just you and your breath.

## UNDERSTANDING YOUR NERVOUS SYSTEM

The Two Modes:

Sympathetic (Threat Response):



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- Heart rate increases
- Breathing becomes shallow and rapid
- Muscles tense
- Digestion slows
- Mind races with worry or planning

Parasympathetic (Safety Response):

- Heart rate slows
- Breathing deepens and lengthens
- Muscles release tension
- Digestion resumes
- Mind settles into clarity

The shift between these states happens through your breath.

When you extend your exhale longer than your inhale, you activate the vagus nerve—your body's primary relaxation pathway. Within 60-90 seconds, your entire system begins to recalibrate.

### THE FOUNDATION: 4-4-6 BREATH

This is your baseline practice. Return to this whenever you need to reset.

How to Do It:

1. Inhale through your nose for 4 counts
2. Hold for 4 counts
3. Exhale through your mouth for 6 counts

Repeat for 3-5 cycles (about 60-90 seconds)



### When to Use It:

- Before difficult conversations
- After consuming triggering content
- During moments of overwhelm
- Before important decisions
- When you notice shallow breathing
- At bedtime to prepare for sleep
- Upon waking to set your nervous system for the day

### Why It Works:

The longer exhale (6 counts vs. 4-count inhale) activates your parasympathetic nervous system. This isn't about forcing calm—it's about giving your body the physiological signal that it's safe to release tension.

The hold creates a pause between stimulus and response, giving your mind space to settle.



### PRACTICE 1: GROUNDING BREATH

Use this when you feel disconnected, spacey, or anxious.

Steps:

1. Sit or stand with your feet flat on the ground
2. Press your feet into the floor—feel the contact
3. Inhale through your nose for 4 counts while noticing the ground beneath you
4. Hold for 4 counts while sensing your body's weight
5. Exhale through your mouth for 6 counts while imagining roots growing from your feet into the earth

Repeat for 5 cycles

What You're Doing:

This practice combines breath regulation with proprioception (body awareness in space). When your mind is spinning, bringing attention to your physical connection with the ground literally brings you back to earth.

### PRACTICE 2: BOX BREATH

Use this when you need mental clarity or before focused work.

Steps:



1. Inhale through your nose for 4 counts
2. Hold for 4 counts
3. Exhale through your nose for 4 counts
4. Hold empty for 4 counts

Repeat for 4-6 cycles

When to Use It:

- Before presentations or meetings
- When you need to make an important decision
- During breaks in intense work
- When transitioning between tasks
- Before creative work that requires focus

Why It Works:

The equal-length intervals create a sense of balance and order. This pattern is used by Navy SEALs and athletes because it creates both physiological calm and mental clarity simultaneously.

### PRACTICE 3: EXTENDED EXHALE BREATH

Use this for deep relaxation, sleep preparation, or acute stress.

Steps:

1. Inhale through your nose for 4 counts
2. Exhale through your mouth for 8 counts (or as long as comfortable)
3. No hold—flow directly from exhale to next inhale



Repeat for 5-10 cycles

When to Use It:

- At bedtime (do this lying down)
- During panic or acute anxiety
- After receiving difficult news
- When your mind won't stop racing
- During physical pain

Why It Works:

The dramatically longer exhale (2:1 ratio) provides maximum vagal nerve activation. This is the fastest way to shift from fight-or-flight into rest-and-digest mode.

### PRACTICE 4: HUM BREATH

Use this when you're emotionally overwhelmed or feel a tightness in your chest.

Steps:



1. Inhale through your nose for 4 counts
2. Hold for 2 counts
3. Exhale through your nose for 6-8 counts while humming (any comfortable pitch)
4. Feel the vibration in your chest, throat, and sinuses

Repeat for 5 cycles

When to Use It:

- When holding back tears or emotions
- During grief or sadness
- When your chest feels tight or constricted
- After conflict or difficult conversations
- When you feel alone or disconnected

Why It Works:

The vibration created by humming stimulates the vagus nerve directly through mechanical stimulation. It also creates a soothing internal sound that your nervous system recognizes as safe. Many ancient traditions use humming, chanting, or toning for exactly this reason.

## PRACTICE 5: COHERENT BREATHING

Use this for overall nervous system balance and resilience.

Steps:



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1. Inhale through your nose for 5 counts
2. Exhale through your nose for 5 counts
3. No hold—continuous, smooth flow

Practice for 5-10 minutes

When to Use It:

- As a daily practice (morning or evening)
- When you want to build baseline resilience
- During meditation
- When you have more time (not a quick reset)

Why It Works:

Breathing at approximately 6 breaths per minute (5-second inhale, 5-second exhale) creates "heart rate coherence"—the optimal state where your heart rate, breathing, and nervous system synchronize. Regular practice of this pattern builds long-term stress resilience.

## TROUBLESHOOTING

"I can't hold my breath for 4 counts—it feels uncomfortable."

Solution: Start with shorter counts (2-2-4 or 3-3-5). Work your way up gradually. Discomfort is information—honor it.

"I feel lightheaded or dizzy."



Solution: You may be breathing too deeply or too fast. Soften the intensity—your breath should feel natural, not forced. If dizziness persists, return to normal breathing and try again later with gentler effort.

"My mind keeps wandering."

Solution: This is normal. Gently return your attention to counting. Each time you notice and return is a success, not a failure. The practice is in the returning.

"I don't feel anything happening."

Solution: Changes are often subtle at first. Look for small shifts: slightly slower heart rate, softer shoulders, deeper breath on the next inhale. Not every session will feel dramatic—and that's okay.

"I fall asleep when I do this at night."

Solution: Perfect. That means it's working. Your nervous system is relaxing enough to let go into sleep.

## BUILDING YOUR PRACTICE

Start Small:

Don't try to do all five practices at once. Pick ONE that resonates and practice it for a week. Once it feels natural, add another.



Consistency Over Intensity:

60 seconds of breathwork daily is more valuable than 20 minutes once a week. Your nervous system learns through repetition.

Notice Without Judging:

Some days the practice will feel easy. Some days it won't. Both experiences are information. Your body is teaching you about its patterns.

Pair with Anchor Moments:

Attach breathwork to existing routines:

- Morning coffee → 4-4-6 breath
- Lunch break → Box breath
- Before bed → Extended exhale breath

WHEN BREATHWORK ISN'T ENOUGH

Breathwork is powerful, but it's not a cure-all.

If you're experiencing:

- Persistent panic attacks
- Chronic insomnia
- Trauma responses that feel unmanageable
- Suicidal thoughts
- Severe depression or anxiety



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Please reach out to a qualified mental health professional. Breathwork is a supportive tool, but some struggles require therapeutic support, community, or medical intervention.

Your nervous system may need more than breath alone—and that's not a failure. It's wisdom.

### THE SCIENCE (BRIEFLY)

#### Vagus Nerve:

The vagus nerve is the longest nerve in your body, running from your brainstem to your abdomen. It's the main pathway of your parasympathetic nervous system (rest-and-digest mode).

When you extend your exhale, you mechanically stimulate the vagus nerve, which sends a signal to your brain: "We're safe. We can relax."

#### Heart Rate Variability (HRV):

HRV measures the variation in time between heartbeats. Higher HRV = more resilience to stress. Lower HRV = less adaptive capacity.

Breathwork practices, especially coherent breathing, increase HRV over time. This isn't just about feeling calm in the moment—it's about building your capacity to handle stress long-term.



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Prefrontal Cortex Activation:

When you're in fight-or-flight, blood flow shifts away from your prefrontal cortex (executive function, decision-making) toward your amygdala (fear center).

Slow, controlled breathing restores blood flow to your prefrontal cortex, allowing you to think more clearly and make better decisions.

**YOUR BREATH IS ALWAYS WITH YOU**

No app required. No subscription needed. No special equipment.

When everything feels overwhelming, your breath remains.

When you can't control external circumstances, you can still guide your internal state.

When you forget everything else in this guide, remember this:

Extend your exhale.

That's the foundation. Everything else builds from there.

**WHAT'S NEXT**

This guide is just the beginning.



## BREATHWORK RESET GUIDE

At Q Résonance, we curate practices across multiple modalities—breathwork, movement, mindset shifts, connection practices—because what resonates for one person might not for another.

Your body will tell you what works. Learn to listen.

Join Us:

Weekly Micro-Tools:

- Mon-Wed: 60-second practices from Beqqa
- Thursday: Calming frequency tones
- Friday: Money Calm Bites (financial stress regulation)
- 1st of each month: Fireside Chats

The Curated Résonance Vault (Opens April 1st):

- \$9/month
- Full archive of tools
- Deeper guided practices
- Monthly Firesides
- Community forum

### A NOTE FROM JANINA

I learned these practices the hard way—through years of ignoring my body's signals until I couldn't anymore.

A rainy night in Bosnia. A metal chair. A racing mind.



The village healer in Malaysia who showed me that humming could shift my nervous system in under a minute.

The moment my daughter Beqqa said, "People don't need more pressure. They need resonance."

These aren't just techniques. They're rememberings.

Your body already knows how to return to safety.

These practices simply give you the map back.

With resonance,

Janina

## QUICK REFERENCE CARD

Cut out or save this section for easy access

4-4-6 BREATH (Foundation)

Inhale 4 | Hold 4 | Exhale 6

Use: General reset, anytime

GROUNDING BREATH

Feet on ground | Inhale 4 | Hold 4 | Exhale 6

Use: Anxiety, disconnection



### BOX BREATH

Inhale 4 | Hold 4 | Exhale 4 | Hold 4

Use: Focus, mental clarity

### EXTENDED EXHALE

Inhale 4 | Exhale 8

Use: Sleep, acute stress

### HUM BREATH

Inhale 4 | Hold 2 | Hum exhale 6-8

Use: Emotional overwhelm, chest tightness

### COHERENT BREATHING

Inhale 5 | Exhale 5 | 5-10 minutes

Use: Daily practice, resilience building

Remember: Extend your exhale. That's the foundation.

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This guide is for educational purposes and does not replace professional medical or mental health care.



# BREATHWORK RESET GUIDE

Discover the transformative power of breath with the "Breathwork Reset Guide." This essential resource teaches you how to regulate your nervous system through simple, effective breathing techniques, helping you shift from stress to calm in moments of overwhelm. Unlock the potential of your breath to enhance clarity, resilience, and emotional well-being, empowering you to navigate life's challenges with ease.