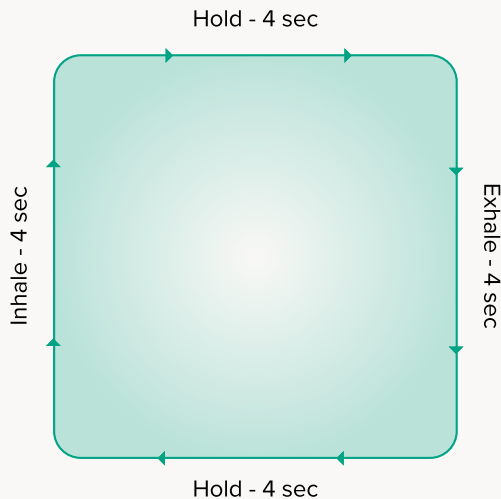


4 Essential Breathwork Techniques

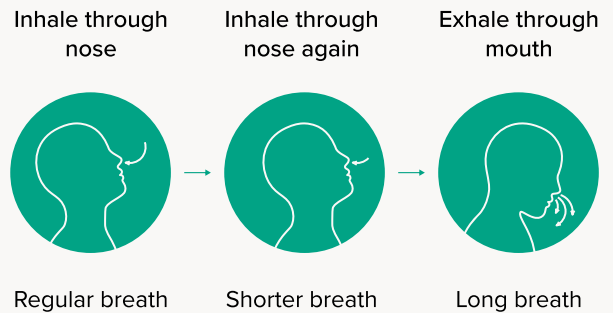
InsightTimer

Box Breathing For Emotional Regulation



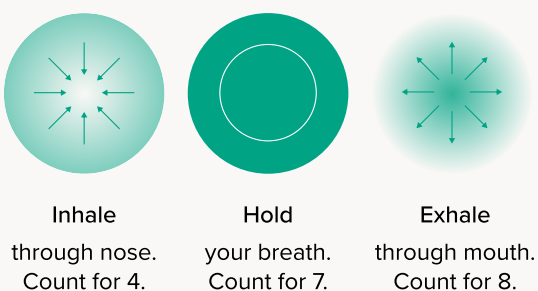
[Box Breathing](#)

Sigh Your Way Out Of Anxiety To Reduce Stress



[Sigh Your Way Out Of Anxiety](#)

4-7-8 Breathing Technique To Reduce Anxiety

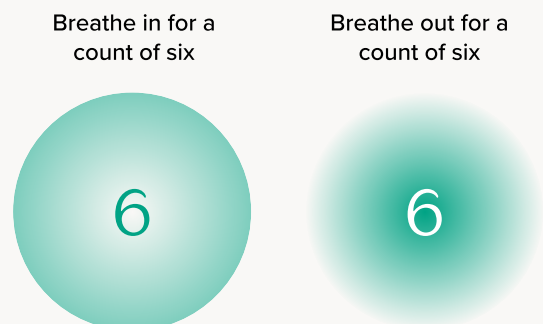


*Repeat this exercise 4-8 times



[4-7-8 Breathing Technique](#)

Coherent Breathing For More Balance



Maintaining a steady rhythm.

*Continue for several minutes to promote a calm yet alert state



[Coherent Breathing](#)