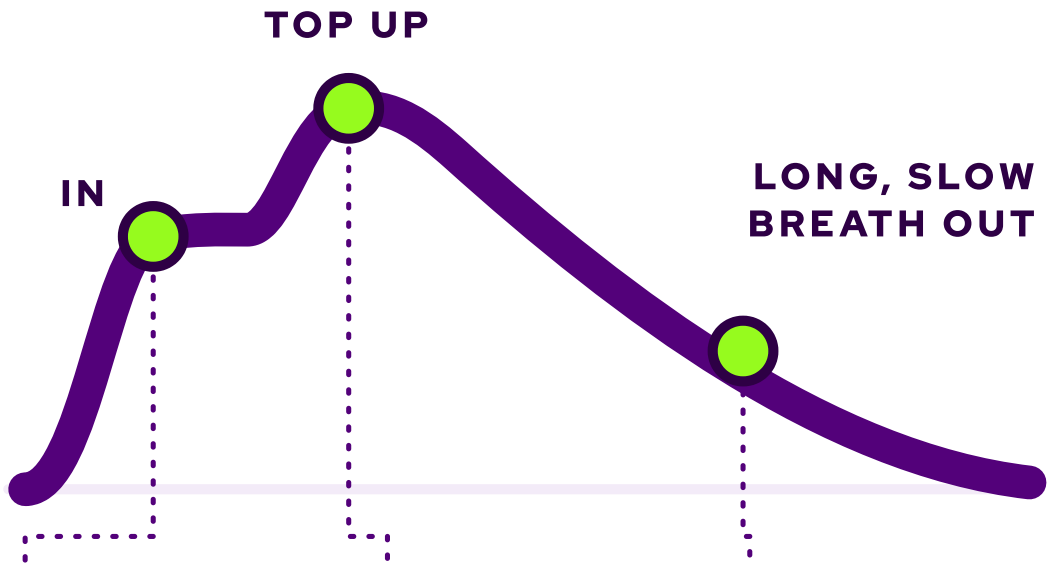
Two breaths in. One long sigh out.

The quickest breathing technique we know for calming down. Two or three rounds can help within a minute.



1

Breathe in through your nose until your lungs feel full.

2

Top up with a second, shorter sip of air.

3

Breathe out slowly through your mouth, for as long as is comfortable.

REPEAT TWO OR THREE TIMES.

Also called cyclic sighing. In a 2023 Stanford University study it lifted mood more than other breathing exercises.

FREE 2-MINUTE CHECK-IN

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