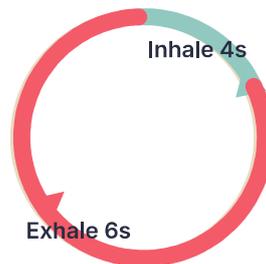




4-6 Calming Breath

A simple pattern for steadying your nervous system when anxiety spikes.

FOLLOW THE LOOP WITH YOUR EYES



INHALE

1 2 3 4

EXHALE

1 2 3 4 5 6

HOW TO BREATHE

- Inhale gently through your nose for **4 seconds**.
- Exhale softly for **6 seconds** (through nose or mouth).
- Repeat for about **6-10 breaths**.
- Keep it soft and quiet — not big or forced.

You don't need to feel instantly calm. You're simply sending a steady safety signal to your nervous system, one breath at a time.

If you feel lightheaded or uncomfortable, pause and breathe normally for a while.