

Breathe Well: 5 Calming Breathing Exercises

A simple relaxation guide from Herbal Impact

Your breath is a free, always-with-you tool for feeling calmer. Slowing it down for even a few minutes can ease tension, quiet a busy mind and help you rest. Below are five gentle techniques. Find a comfortable seat, relax your shoulders, and try one at a time.

Before you begin

- Sit or lie somewhere comfortable and quiet
- Let your shoulders drop and unclench your jaw
- Breathe in gently through the nose, out slowly through the nose or mouth
- Never strain — if anything feels uncomfortable, return to normal breathing

1. Belly Breathing

The foundation — deep, slow breaths into the belly, not the chest.

How to do it

1. Rest one hand on your chest and one on your belly.
2. Breathe in slowly through your nose so your belly rises (chest stays still).
3. Breathe out gently through your mouth, letting the belly fall.
4. Repeat for 1–3 minutes at your own gentle pace.

Best for: Everyday calm and learning to breathe deeply.

2. 4-7-8 Breathing

A gentle rhythm that helps the body wind down for rest.

How to do it

1. Breathe in quietly through the nose for a count of 4.
2. Hold your breath softly for a count of 7.
3. Breathe out slowly through the mouth for a count of 8.
4. Repeat 3–4 times. Keep the counts comfortable, not forced.

Best for: Winding down before sleep or after a stressful moment.

3. Box Breathing

Four equal sides — steady and balancing.

How to do it

1. Breathe in through the nose for a count of 4.
2. Hold for a count of 4.
3. Breathe out for a count of 4.
4. Hold empty for a count of 4, then begin again. Repeat 4–5 rounds.

Best for: Focus, steadiness and calming nerves before a big task.

4. Extended Exhale

Make the out-breath longer than the in-breath to relax the body.

How to do it

1. Breathe in gently through the nose for a count of 4.
2. Breathe out slowly through the mouth for a count of 6.
3. Keep the out-breath soft and unhurried.
4. Continue for 1–2 minutes.

Best for: Quickly easing tension and settling a racing mind.

5. Mindful Breath Counting

Simply follow and count your breaths to quiet the mind.

How to do it

1. Breathe naturally — no need to change anything.
2. Silently count 'one' as you breathe out, 'two' on the next, up to five.
3. Then start again at one.
4. If your mind wanders, gently begin again at one. Continue 3–5 minutes.

Best for: A short, calming pause any time of the day.

Make it a gentle daily habit

- ☐ Choose one technique that feels good to you
- ☐ Practise for just 2–5 minutes, once or twice a day
- ☐ A good time is first thing in the morning or before bed
- ☐ Pair it with a calming herbal tea to make it a lovely ritual

Please remember

This guide is for general relaxation and wellbeing only. It is not medical advice and does not cure, treat, or prevent any condition. Breathe gently and never force it — if you feel dizzy or unwell, return to normal breathing and rest. Please

Speak to a qualified health professional before starting if you are pregnant, have a heart or lung condition, or any health concern.

Keep going with Herbal Impact

Pair your breathing practice with a calming herbal tea like chamomile or lemongrass. Find natural wellness products at herbsimpact.com. Questions? WhatsApp us at +255 754 281131 — we are always happy to help.