

# Power Breathing

**Breathing is the most efficient and helpful way to calm our bodies down when we feel stress, fear, sadness, or anger. Breathing in specific ways actually tricks our brain into thinking we are at rest, and our body (our lungs and heart) follow the brain's lead. Power breathing for 15-30 seconds can calm our bodies down without anyone else even having to know.**

- 1. Put a hand on your chest and one on your stomach.**
- 2. Breathe in through your nose for 4 seconds. Focus on breathing as steadily as possible and fill your lungs and stomach as much as you can.**
- 3. Breathe slowly and consistently out of your mouth for 8 full seconds.**
- 4. Repeat this step 3-4 times to calm your body down.**

**\*\*To put our body back at rest, we have to breathe at a ratio of 1:2, which means that however long we breathe in, we need to breathe out for twice as long\*\***