ONE BREATH RULE
for Calm

Deep breathing is one of THE MOST effective and practical tools you have at your disposal to **reduce stress, regulate your emotions, and boost your performance.** This may seem obvious, but it's incredibly easy to forget, and most people tend to constrict their breathing or take shallow breaths out of habit. Mindfulness practice can help you retrain yourself to take more consistent deep breaths and establish a baseline of calm as you move throughout your day.

One Breath Rule

Take one conscious deep breath.
Inhale slowly and deeply, exhale slowly and gently, allowing your whole body to relax + soften with gravity.

Tethering Technique

We recommend "tethering" one deep breath to a frequent daily activity so you remember to do it.

IDEAS: Take one deep breath each time you....

- ✓ Check your phone
- ✓ Hear your phone ring/beep
- ✓ Hit "send" on an email
- ✓ Walk through a doorway
- ✓ Open your computer
- ✓ Launch Zoom
- ✓ Begin a meal
- ✓ Take a drink of something