Deep Breathing Pacing

A simple, powerful pattern. Follow the numbers slowly.

1

INHALE

4 seconds

Breathe in gently through your nose

2

HOLD

7 seconds

Hold the air softly in your lungs

3

EXHALE

8 seconds

Breathe out slowly through your mouth

Repeat 3 to 4 times

Go slowly. If 7 or 8 feels too long, start with shorter holds.

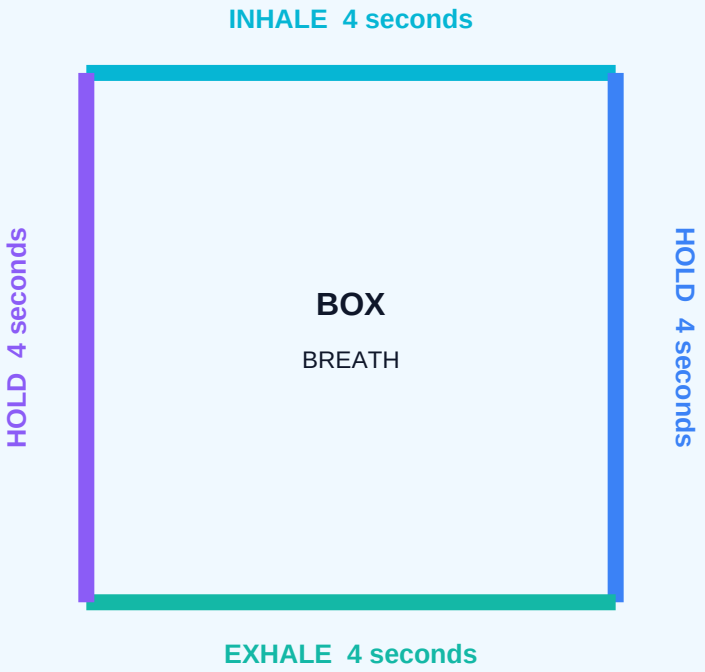
This pattern helps the body shift from stress to calm.

Tip: Put one hand on your belly. Feel it rise and fall.

Box Breathing Scale

Equal Sides = Calm Mind

Imagine tracing a square. Each side is the same length.



How to practice Box Breathing

1. Trace the top side while breathing in for 4 counts.
2. Trace the right side while holding for 4 counts.
3. Trace the bottom side while breathing out for 4 counts.
4. Trace the left side while holding for 4 counts.
5. Repeat the square 4–6 times. Keep the pace steady and gentle.

Finger Breathing Scale

Trace Your Hand

Use your own hand as a breathing guide. No timer needed.

5-Finger Breath

1. Hold one hand up, fingers spread.
2. With the other hand, trace up the first finger → breathe IN.
3. Trace down the same finger → breathe OUT.
4. Move to the next finger.
5. Continue until all 5 fingers are traced (5 full breaths).
6. Switch hands if you like.

Breathing Path

Thumb	IN ↑ OUT ↓
Index	IN ↑ OUT ↓
Middle	IN ↑ OUT ↓
Ring	IN ↑ OUT ↓
Pinky	IN ↑ OUT ↓

Go Slow

Matching breath to finger movement keeps the pace steady and calm.

No Perfect Count

It does not matter if each breath is exactly the same length.

Use Anywhere

This tool needs no equipment. Works at home, school, or in public.

Breathing Pacing Ladder

Start Easy → Build Up

Begin with shorter counts. Increase only when it feels comfortable.

Level 1 – Beginner

Inhale 3 • Hold 3 • Exhale 3

Best starting point for most people

Level 2 – Steady

Inhale 4 • Hold 4 • Exhale 4

Classic box breathing pace

Level 3 – Deeper

Inhale 4 • Hold 6 • Exhale 6

Slightly longer holds for more calm

Level 4 – Advanced

Inhale 4 • Hold 7 • Exhale 8

Full 4-7-8 pattern when ready

Remember

Never force the breath. If you feel dizzy or uncomfortable, return to normal breathing.

Practice when calm first, so the tool is familiar when you need it most.