



Breath Practices for Regulation and Renewal

Simple practices to support the nervous system during moments of grief and overwhelm.

BELLY BREATH

Grounding

Sit with feet on the floor, one hand on chest, one on belly.
Inhale through the nose feeling the expansion in your belly.
As you exhale gently contract your belly.
3–5 breaths.

HAND-TO-HEART

Comforting

One hand on heart, one on abdomen.
Let the breath move naturally.
Silently say: 'In this moment I am safe.'
3–5 breaths.

BOX BREATHING

Regulating

Inhale 4 → pause 4 → exhale 4 → pause 4.
Repeat 3–4 cycles.

EXTENDED EXHALE

Calming

Inhale gently through the nose.
Allow the exhale to slowly lengthen.
3–5 breaths.

VOO BREATH

Releasing

Inhale through the nose.
Exhale with a long soft 'Voooo'.
Notice vibration in chest or belly.
3–5 breaths.

BUMBLE BEE BREATH

Soothing

Inhale through the nose.
Exhale with a soft humming sound.
Notice vibration in face or chest.
Option to close your ears and cover your eyes
3–5 breaths.

WHEN TO USE THESE BREATHS

- when waking up and grief feels heavy
- when anxiety rises suddenly
- when you feel emotionally overwhelmed
- when your body feels tense or frozen
- before sleep
- during a difficult conversation

Gentle reminders: There is no right way to breathe. If a practice does not feel supportive, return to your natural breath. Even a few slow breaths can help invite a sense of safety to the nervous system.

Grief is not only emotional—it is also deeply physical. After loss, breathing often becomes shallow or unconsciously held. About 80% of vagus nerve signals travel from the body to the brain, meaning gentle breath practices can help invite steadiness back to the nervous system.