



Breathe for the Moment™

Choose the gentlest breathing practice that feels comfortable for you right now.



BEFORE YOU BEGIN

Sit or stand comfortably. Keep your breath easy and stop if you feel dizzy, short of breath or more anxious.

1

FOR TENSION

Longer Exhale



Breathe in gently for 3.
Breathe out slowly for 4 or 5.
Repeat without straining.

2

FOR RACING THOUGHTS

Equal Breathing



Breathe in for 4.
Breathe out for 4.
Let the steady rhythm hold your attention.

3

FOR A BUSY MIND

Humming Exhale



Breathe in comfortably.
Hum softly as you breathe out.
Repeat a few times.

4

FOR BEDTIME

No-Count Breathing



Let each breath stay natural. Simply notice the air moving in and moving out.



IF BREATHWORK DOES NOT FEEL GOOD

Skip it. Look around the room, press your feet into the floor or hold something comforting.



GENTLE REMINDER

Slower is not always better. Comfortable, unforced breathing matters more than reaching a specific count.



Martine's Midlife Wellness Tip

Practice your favorite option when you already feel fairly calm. Familiarity can make it easier to use during stress.