

Extended Exhale: A Calming Practice for Body and Mind



Why Practice This Tool?

Learning to lengthen our exhale, or outbreath, helps to slow down our breathing, our heart rate, and even our thoughts-resulting in a more calm, stable attention. Grounding and calming practices help us to orient our attention into the present moment by focusing on our body and our breath.

Steps: *When you notice you that you are feeling anxious, fearful, or angry and your thoughts and body are racing,*

1. Stop where you are and take at least 3 mindful breaths. You may sit or stand for this exercise.
2. Breathe in for a count of 3.
3. Breathe out for a count of 6.
4. As you breathe, try to soften or relax the body with each breath.
5. Repeat at least 5 times or until you feel calmer.
6. Notice how you feel right now.

If an inhale of 3 and an exhale of 6 feels too long, shorten it by inhaling to a count of 2 and exhaling to a count of 4. If you'd like to extend your breath further, inhale to a count of 4 and exhale to a count of 8.

Check out this video for a guided practice: [Breathwork: Extended Exhale](#)



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