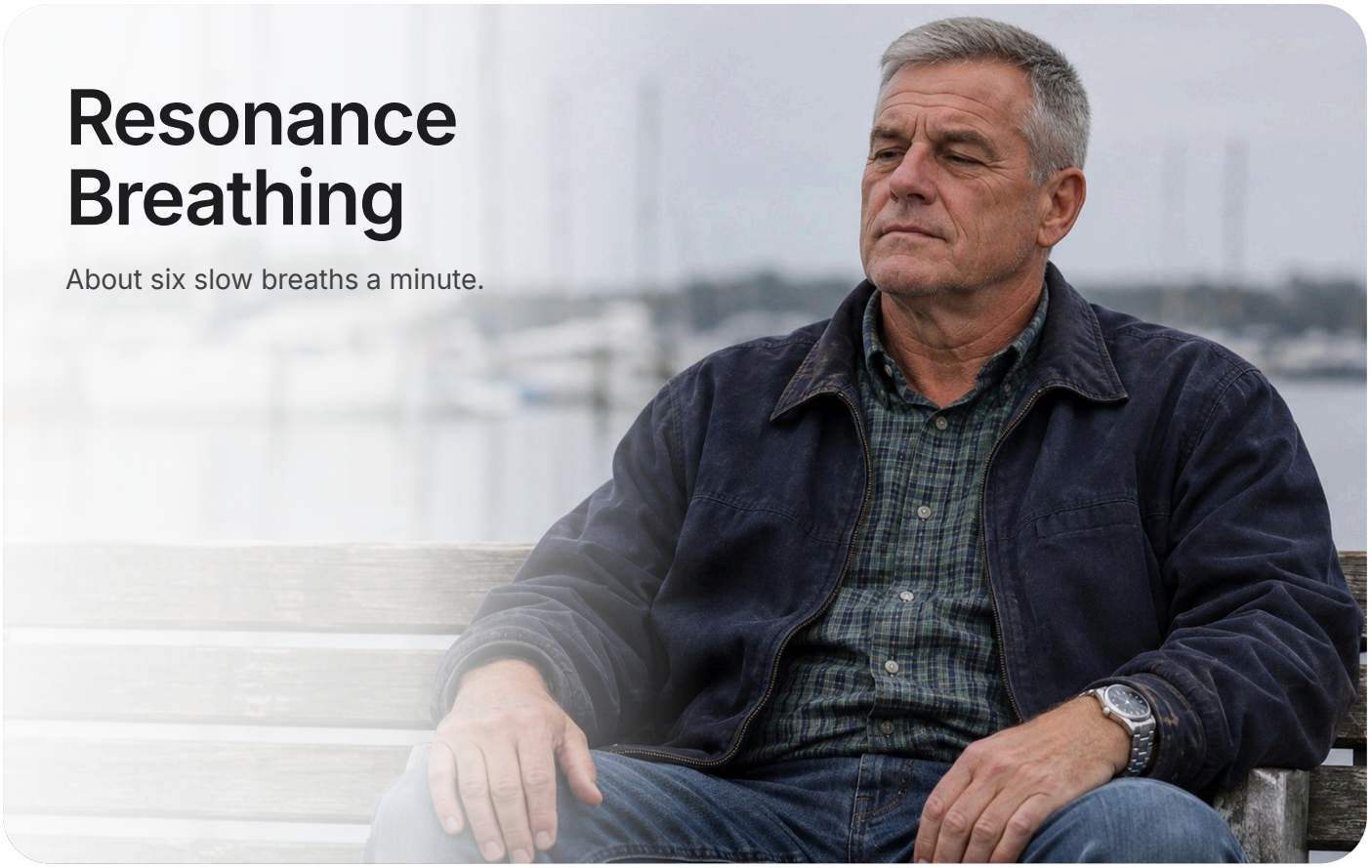
Resonance Breathing

About six slow breaths a minute.



WHY IT HELPS

Resonance breathing is a slow breathing practice often introduced at about six breaths a minute. A common starting rhythm is five seconds in and five seconds out. This printable pairs a visual count with a four week plan, a daily log and a review. Use it to organize a routine and write down how the sessions feel.

HOW TO USE IT

Sit comfortably	Feet on the floor, shoulders loose.
Breathe in for 5	Gently through the nose, belly rising.
Breathe out for 5	Smooth and easy, no pushing.
Keep going	Follow the minutes you planned.

INSIDE

2	Example: Martin's month
3	Pacer and steps
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5	Practice log
6	Resonance breathing review

Keep the count you use beside your practice log.

Example: Martin's month

WEEKS

WEEK	MINUTES A DAY	DAYS DONE	CALM BEFORE 0 TO 10	AFTER
1	5	5	4	6
2	8	6	4	7
3	12	6	4	7
4	15	6	4	7

TOTAL

23 of 28 days

TIMER

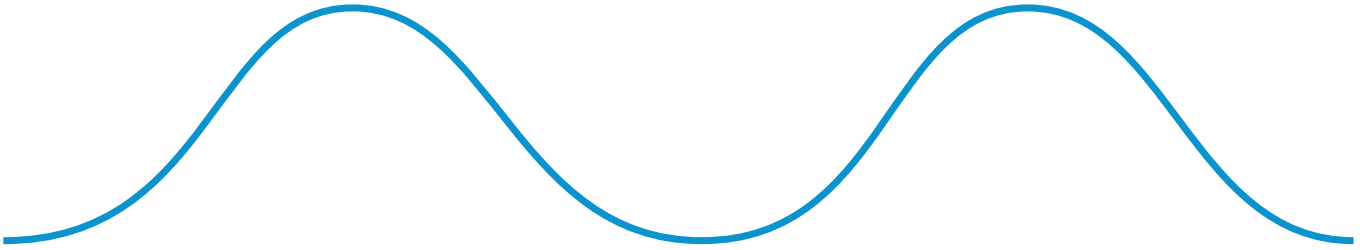
Kitchen clock with a second hand

FOR MY VISIT

Bring this log and my home blood pressure log

Pacer and steps

In: 1 · 2 · 3 · 4 · 5



Out: 1 · 2 · 3 · 4 · 5

STEPS

1. Sit with feet on the floor.
2. Breathe in gently through your nose for 5.
3. Breathe out smoothly for 5.
4. Keep the rhythm for your planned minutes.

COUNT OPTIONS

1. 5 in, 5 out
2. 4 in, 6 out
3. 4.5 in, 5.5 out

Four week plan

PLAN

WEEK	MINUTES A DAY	TIME OF DAY	DAYS PLANNED

MY NEXT SMALL CHANGE

Practice log

LOG

DAY	MINUTES	COUNT	CALM BEFORE 0 TO 10	AFTER	NOTE

Resonance breathing review

AVERAGE CALM BEFORE AND AFTER

MINUTES THAT SUIT ME

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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