

Resonance Breathing

What it is:

Resonance breathing is a special way of slow, steady breathing.

People have used it for many years to lower stress, calm anxiety, and feel better.

Why it helps:

This breathing boosts something called **heart rate variability (HRV)**.

HRV shows how well your heart and body switch between two settings:

- **“Rest and digest”** (your calm mode; also called the *Parasympathetic Nervous System*)
- **“Fight, flight, faint, or freeze”** (your alarm mode; called the *Sympathetic Nervous System*)

Higher HRV means your body balances these two modes better, so you stay calmer and handle stress more easily.

Who can try it

- Anyone! Adults, kids, and even family members can practice together.
- People with stomach issues or nerve problems often feel less pain when they breathe this way.

Why it's easy:

- No doctor or special gear is needed.
- You can do it almost anywhere—at home, in class, or on a walk.
- It only takes about **10 minutes a day**.

How to do Resonance Breathing

1. **Sit or lie down** comfortably.
2. **Breathe in** through your **nose** for **4 seconds** using **“belly breathing”**.
3. **Breathe out** through your mouth (**purse your lips** to slowly exhale) for **6 seconds**.
4. Keep this **6-breaths-per-minute** rhythm for at least **10 minutes**.
5. A free phone app, like **“iBreathe”** (developer: Jade Lizard), can count the seconds for you.

Practice every day to help your mind and body stay steady and relaxed.