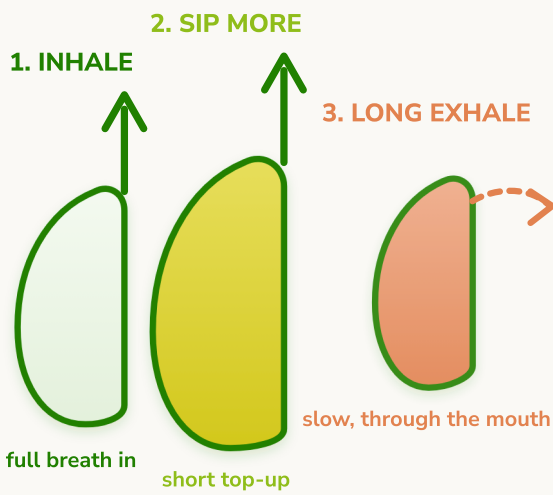


THE FASTEST RESET

The physiological *sigh*

The fastest breathing technique for calming the body in the moment, backed by research into how the body naturally resets stress.



How it works

- 1 Take a **full inhale** through your nose.
- 2 At the top, take a **short second sip** of air on top of it.
- 3 Let out one **long, slow exhale** through your mouth.

Repeat 1 to 3 times.

WHEN TO USE IT

At your desk between tasks, right before walking into a stressful situation, or any moment there's only thirty seconds to spare.

WHY IT HELPS

The double inhale reinflates small air sacs in your lungs, and the long exhale activates your body's calming response. It's a fast reset, not a deep relaxation tool.

Box breathing takes a few minutes to settle you. This is the one to reach for when there's genuinely no time at all.

— One breath at a time is enough. —

Storme Brand Counselling, HPCSA Registered Counsellor, Reg. PRC0023531

www.stormebrand.co.za