

Protocol

Breathing Practices





FRAMEWORK	Wellbeing	PROTOCOL	PRCo10
ACTIVITY	ACT003	PROTOCOL TITLE	Breathing Practice
ACTIVITY TITLE	Inner Wellness	VERSION	v1.0 2025

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Foreword

Overview

ILMS Protocols are systematically developed, research-informed step-by-step guides that outline best practices for managing everyday life activities.

These documents break down complex tasks into structured, repeatable actions to promote efficiency, consistency, and intentional life management. Each protocol is rooted in credible secondary research and designed to be practical, adaptable, and actionable.

About ILMS



ILMS is a research organization dedicated to advancing and standardizing life management science as a standalone discipline.

The multidisciplinary approach combines managerial science with social sciences to develop evidence-based practices that enhance people's lives. Rigorous research and standardization processes ensure the evidence-based, structured, and multidisciplinary nature of these products and services.

ILMS specializes in 12 areas of life management science through work across 12 research centers, working in areas from personal life management, relationships, family, and parenting to home organization, household management, productivity, resilience, happiness, well-being, affluence, and longevity.

About LMSL



LMSL is an education, lifestyle, and technology ecosystem operating as a life management enablement platform.

LMSL aims to empower people all over the world to improve the way they live their lives through the use of products and services developed based on the original research work of ILMS.

LMSL integrates art, science, and technology in a hybrid organizational structure with 12 labs at its core, each corresponding to a research center operated by ILMS.

1. Definitions

Breathing, although automatic and constant throughout life, is a remarkably efficient physiological process that facilitates vital gas exchange. The human body can sustain up to a billion breaths over a lifetime, each regulated with precision by the nervous system. Although breathing is a familiar and natural process, intentionally adjusting its depth, pace, and rhythm can become a powerful tool for managing stress, anxiety, and high-pressure situations.

Daily deep breathing encompasses several structured, non-resisted techniques such as diaphragmatic breathing, abdominal breathing, and yogic pranayama.

2. Purpose of a protocol



51%

Overall mental health improvement, reduced stress (19%), anxiety (16%), and negative mood (13%) after a 4-week breathing routine. ²⁷



33% to 3%

Fatigue levels and ease of activity-related breathlessness, by nearly 3 units, with diaphragmatic and spirometry breathing. ²⁰



Improved quality of life

Sudarshan Kriya Yoga as a breathing practice reduced stress by 26%, anxiety by 33%, mood issues by 25%, and improved self-compassion (26%), social connection (29%), and mindfulness (26%). ²¹



40%

Reduced fatigue with 30-min mindful breathing. ²²



70%

Reduced stress markers using the Bhramari Humming Breath practice for Hypertension patients. ²⁵



92%

Adults who followed a 4-week breathing routine experienced reduced stress (19%), anxiety (16%), and negative mood (13%), resulting in a 51% overall improvement in mental health. ²⁷



A shift to normal levels of stress

University students showed a shift to normal levels in stress (44.3%), anxiety (42.3%), and depression (57.7%) after breathing-based interventions. ²⁸



Improved 6-minute walk distance by 45 meters

Yoga with pranayama breathing, with similar gains seen in pursed-lip (50 m) and diaphragmatic breathing (35 m). ²⁹

2.1 Accessibility and practicality of breathing practices

Breathing practices are particularly valuable because they are easy to teach and learn, making them suitable for wide-scale use across diverse populations. These techniques can be taught in group settings or remotely, via synchronous and asynchronous platforms, enabling broad dissemination with minimal resources. Given the increasing demand for low-cost, accessible mental health interventions, breath-focused practices offer significant potential. In fact, several national health systems, such as the NHS and IAPT in the UK, already recommend deep breathing exercises to manage symptoms of stress, anxiety, and panic (NHS and IAPT, UK). ⁴

These practices are inherently inclusive, requiring no equipment, medical prescriptions, or in-person services. This makes them universally accessible and low-risk, placing a valuable tool for emotional and physical regulation directly in the hands of individuals. Their use is not limited to clinical settings but can be applied in daily environments, such as workplaces, where stress and sedentary behavior are common challenges. Daily deep breathing exercises (DBE) are known to lower resting blood pressure and alleviate stress and anxiety, making them an attractive alternative to traditional forms of exercise, especially in high-stress, low-activity settings like offices. ^{5, 6}



2.2 Historical roots and common techniques

Conscious, regulated breathing draws from both ancient traditions and contemporary science. Practices like Pranayama, long used in yoga, now serve as effective clinical tools for managing stress and anxiety. Common techniques include diaphragmatic breathing, slow-paced breathing, breathing with biofeedback, and alternate-nostril breathing (ANB), all of which offer benefits through enhanced self-regulation, calmness, and focus.⁶

Breath control is also a foundational practice in performance psychology. As sport psychologist Ken Ravizza aptly puts it, “You have to be in control of yourself before you can control your performance”. Techniques that train individuals to slow and deepen their breathing provide a tangible way to regain emotional composure and physical control under pressure.²

2.3 Physiological mechanisms and mental health benefits

Scientific evidence increasingly shows that breathing practices exert their benefits by modulating the autonomic nervous system and brain activity. Slow, deep breathing enhances parasympathetic tone, which can counteract the hyperactivity of the sympathetic nervous system typically associated with anxiety and chronic stress. Additionally, respiratory rhythms are shown to influence brain wave activity, contributing to improvements in mood, cognition, and emotional regulation.¹

Through this physiological route, breathing helps reduce stress reactivity and supports overall mental well-being.

2.4 Clinical applications and medical benefits

Numerous studies have validated breathing techniques as non-pharmacological interventions for a range of medical conditions. For instance, breathing exercises have been effectively used to help individuals with asthma, often through structured techniques like the Papworth Method, Buteyko breathing, yogic breathing, and deep diaphragmatic practices. These methods work by altering dysfunctional breathing patterns and reprogramming the respiratory centers to normalize carbon dioxide levels, thereby improving symptoms and respiratory efficiency.^{3, 7}

Pranayama, a classical yogic approach to breath regulation, includes controlled inhalation (Pūraka), exhalation (Recaka), and breath retention both after inhalation (Antaḥ kumbhaka) and exhalation (Bahih kumbhaka). It has shown significant benefits for cardiovascular health, pulmonary function, stress reduction, and cognitive performance. The slow and steady nature of Pranayama techniques is thought to reduce airway inflammation and obstruction by minimizing frictional stress on the airways, enhancing lung capacity over time.^{6, 8}



2.5 Slow breathing for sleep and other conditions

Slow deep breathing is one of the most ancient and widely practiced forms of stress relief, and emerging literature suggests its relevance for a variety of psychological and physiological conditions. It has been linked to improved symptoms in mood disorders, asthma, chronic pain, and, more recently, insomnia. While research on its use in sleep disturbances is still growing, slow breathing is understood to decrease sympathetic overactivity, a key factor in hyperarousal and poor sleep quality. Stronger sympathoinhibition through deep breathing may thus offer natural support for individuals struggling with sleep issues in today's fast-paced world.¹⁰

3. Challenges and issues

One of the most common challenges people face with breathing is the development of dysfunctional or maladaptive breathing patterns. A prominent example is paradoxical breathing, in which the abdomen moves inward during inhalation and outward during exhalation, the opposite of normal breathing. This is considered one of the most severe forms of breathing pattern disorder (BPD) and can lead to inefficient gas exchange and respiratory strain.¹¹

Many individuals unconsciously adopt shallow chest breathing over time, neglecting the diaphragm's role. This type of breathing limits lung expansion and reduces oxygen intake. Those who engage in diaphragmatic breathing experience more complete and health-enhancing breaths. In contrast, failure to breathe correctly can lead to a cascade of physiological disturbances, including symptoms affecting the heart, lungs, and brain. The brain, interpreting shallow breathing as a stress signal, may trigger fight-or-flight responses, resulting in elevated cortisol levels and increased vulnerability to panic, cognitive dysfunction, and sleep disturbances.^{12, 13}

3.1 Dysfunctional breathing and hyperventilation syndrome (HVS)

Dysfunctional Breathing (DB) and Hyperventilation Syndrome (HVS) are conditions marked by irregular breathing habits such as over-breathing, frequent sighing, or breath-holding. These patterns may arise from psychological factors, such as anxiety, or from physiological imbalances. DB/HVS manifests as symptoms such as dizziness, chest tightness, tingling (paraesthesia), and breathlessness, significantly reducing a person's quality of life.⁷



3.2 Risks of improper breathing practices

While structured breathing exercises are beneficial when done correctly, improper techniques — particularly with advanced practices like Pranayama — can result in undesirable effects. If Pranayama is incorrectly performed or mismatched to an individual's condition, side effects may include dizziness, nausea, instability in thoughts, breathing difficulties, increased asthma symptoms, and even headaches or lethargy. These adverse effects highlight the need for proper guidance, especially when dealing with complex practices rooted in ancient traditions.¹⁴

3.3 Central sleep apnea and breathing regulation

Certain health conditions, such as central sleep apnea, also complicate breathing regulation. This condition occurs when the brain temporarily stops sending signals to the respiratory muscles, leading to pauses in breathing or shallow respiration, which is often observed by others. Symptoms may include difficulty staying asleep, excessive daytime fatigue, headaches, and poor overall sleep quality. Such physiological disruptions in breathing patterns must be addressed carefully and are not easily managed by generic breathing practices alone.¹⁵

3.4 Integration of breathwork in therapeutic practice

Although therapeutic exercise is widely acknowledged to improve physical and neurological response time across various populations — including older adults, athletes, and individuals with neurological disorders — breathing exercises are often excluded from these protocols. Most of the literature on breathwork stems from yoga-based approaches rather than physiotherapy-based techniques. This creates a gap in standardized therapeutic use and limits breathwork's integration into evidence-based rehabilitation programs.¹⁶

Moreover, while breathwork shows promising effects on stress reduction and mental health, the field faces a risk of overstatement. Researchers have emphasized the importance of carefully designed, low-bias studies to accurately assess their benefits. Without rigorous scientific backing, there is potential for a disconnect between the enthusiasm for breathwork and the actual evidence supporting its use.¹⁷

Individuals with chronic respiratory diseases often face additional challenges in breathing regulation. These diseases interfere with oxygen and carbon dioxide exchange in the lungs, leading to symptoms like fatigue, shortness of breath (dyspnea), and reduced exercise capacity.

As the body attempts to compensate, breathing effort may increase, further straining the body. These physiological limitations can hinder an individual's ability to engage in structured breathwork, especially if the underlying respiratory function is severely compromised.¹⁸

4. Macro-level protocol

	BREATHING
Frequency	Every day
Duration	Minimum 3 minutes
Required items	None

5. Foundational breathing protocol

Step 1: Breath Awareness

1. This is your starting point. Begin by simply noticing your breath without trying to change it. ⁴³
2. Sit upright with a straight spine or lie flat on your back. ⁴³
3. Rest your hands on your thighs or by your sides. ⁴³
4. Close your eyes gently or keep a soft gaze. ⁴³
5. Scan your body for tension — forehead, shoulders, jaw, and belly. ⁴³
6. Soften those areas with each exhale. ⁴³
7. Notice your breath entering and exiting the nose. ⁴³
8. Feel the air moving through your throat into your lungs. ⁴³
9. Observe the rise and fall of your chest or belly. ⁴³
10. If your mind wanders, gently guide it back to the breath.
11. Continue for 2–5 minutes. ⁴³





Step 2: Breath Focus Technique

1. Enhances relaxation using imagery and phrases. ⁴⁴
2. Sit or lie down in a quiet place. ⁴⁴
3. Observe your normal breath for a few cycles without changing it. ⁴⁴
4. Begin with slow, deep breathing. ⁴⁴
5. Place a hand on your belly to feel it rise and fall. ⁴⁴
6. Inhale and say silently, “Inhaling peace and calm.” ⁴⁴
7. Exhale and say silently, “Exhaling tension and anxiety.” ⁴⁴
8. Practice for 5–10 minutes. ⁴⁴

Step 3: Diaphragmatic (Belly) Breathing

1. Improves oxygen efficiency and engages the diaphragm. ^{45, 46, 47, 48}
2. Lie on your back with the knees bent and a pillow under your head. ^{45, 46, 47, 48}
3. Place one hand on your chest and the other on your belly. ^{45, 46, 47, 48}
4. Slowly breathe in through your nose, letting your belly rise. Your chest should stay still. ^{45, 46, 47, 48}
5. Tighten your abdominal muscles and exhale through pursed lips. Your belly should fall. ^{45, 46, 47, 48}
6. Repeat for 5–10 minutes, 1–2 times per day. ^{45, 46, 47, 48}
7. To increase difficulty, try the exercise while sitting. ^{45, 46, 47, 48}

Step 4: General Yogic Breathing (Complete Breath)

1. This combines abdominal, thoracic, and clavicular breathing into one flowing breath cycle. ⁴³
2. Lie down or sit up. ⁴³
3. Place one hand on the belly, one on the chest. ⁴³

“

Breathing is controlled by the nervous system, and given the rhythmicity of ventilation, we are primed to think that the underlying mechanisms are straightforward, even trivial, especially compared to behaviors that require learning and memory, sensory processing, fine motor control, decision-making, and other higher cognitive functions.

— Ashhad et al., 2022 ¹

“

Breathing exercises may have positive effects on quality of life, hyperventilation symptoms, and lung function in adults with mild to moderate asthma.

— Santino et al., 2020 ³

“

Diaphragmatic breathing exercises and incentive spirometry can significantly improve respiratory function in stroke patients.

— Nasirmoghadas et al., 2025 ²⁰

4. Fill the abdomen (feel belly rise).⁴³
5. Then fill the ribcage (chest rises).⁴³
6. Finally, fill the upper lungs (collarbones lift).⁴³
7. Let collarbones drop.⁴³
8. Then relax the chest.⁴³
9. Lastly, release the belly.⁴³
10. Keep your breath smooth and slow.⁴³
11. Inhale for 4 counts, exhale for 4 counts.⁴³
12. Repeat for 3–5 minutes.⁴³

Step 5: Belly Breathing (for Anxiety Relief)

1. Soothes the body and calms a racing mind.^{49, 50}
2. Place one hand on the belly.^{49, 50}
3. Inhale through the nose.^{49, 50}
4. Feel the belly expand outward.^{49, 50}
5. Exhale through the mouth.^{49, 50}
6. Feel the belly draw inward.^{49, 50}
7. Make each exhale longer than the inhale.^{49, 50}
8. Repeat for 2–3 minutes.^{49, 50}

Note: Although the sequence frequency will vary according to your health, most people begin by doing the exercise three times and working up to five to 10 minutes, one to four times a day.

Step 6: Deep Breathing

1. Abdominal Breathing
 - a. Place your right hand on the belly, and your left hand on the chest.^{43, 50}
 - b. Imagine sending the breath to your navel.^{43, 50}
 - c. Feel your belly (right hand) rise, while the chest (left hand) stays still.^{43, 50}
 - d. Feel the belly sink down.^{43, 50}
 - e. Keep the abdomen relaxed, don't force movement.^{43, 50}
 - f. Repeat for 2–3 minutes.^{43, 50}

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Yogic practices shift the autonomic nervous system balance from primarily sympathetic to parasympathetic, by directly enhancing parasympathetic output, possibly through vagal stimulation, resulting in positive changes in cardiovagal function and associated neuroendocrine, hemodynamic, and inflammatory profiles, in sleep and affect, and in related downstream metabolic parameters.

— Jayawardena et al., 2020⁸



“

Effective breathing interventions support greater parasympathetic tone, which can counterbalance the high sympathetic activity intrinsic to stress and anxiety.

— Bentley et al., 2023⁶

2. Thoracic Breathing
 - a. Same hand positions as abdominal breathing. ^{43, 50}
 - b. Breathe into your chest area. ^{43, 50}
 - c. Your left hand should move; your right hand stays still. ^{43, 50}
 - d. Breathe through the chest, not the belly. ^{43, 50}
 - e. Repeat for 2–3 minutes. ^{43, 50}

3. Clavicular Breathing
 - a. Continue from thoracic breathing. ^{43, 50}
 - b. Inhale fully into the ribcage, then take a little more air in. ^{43, 50}
 - c. Feel your collarbones and shoulders rise. ^{43, 50}
 - d. Drop your shoulders first, then relax your ribs. ^{43, 50}
 - e. Repeat for 2–3 minutes. ^{43, 50}

4. Specialized techniques protocol

Step 1: 4-7-8 Breathing Technique (Relaxation and Sleep)

1. Promotes relaxation, reduces anxiety, and helps with sleep. ^{46, 47, 51, 52}
2. Sit comfortably with a straight spine. If you're using this technique to sleep, lie down. ^{46, 47, 51, 52}
3. Let your tongue rest against the roof of your mouth, just behind your top front teeth. ^{46, 47, 51, 52}
4. Exhale completely through your mouth, making a soft “whoosh” sound. ^{46, 47, 51, 52}
5. Breathe in silently through your nose for 4 seconds. ^{46, 47, 51, 52}
6. Gently hold your breath for 7 seconds. ^{46, 47, 51, 52}
7. Exhale forcefully through your mouth with pursed lips, making a “whoosh” sound, for 8 seconds. ^{46, 47, 51, 52}
8. Complete the cycle up to 4 times. ^{46, 47, 51, 52}

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Hypertension is a major contributor to cardiovascular disease, and Daily Deep Breathing Exercise (DBE) is a promising intervention to reduce blood pressure and stress in adults.
— Tavoian & Craighead, 2023 ⁵



“

‘Yoga therapy’ is now recognized as a formal medical system, with an holistic approach addressing both physical and psychological conditions, i.e., stress and derived physical pathologies.
— Sangeethalaxmi & Hankey, 2023 ²⁶





9. If dizzy, try fewer rounds or a shorter variation (see below).^{46, 47, 51, 52}

10. Inhale for 2 seconds, hold for 3 seconds, exhale for 4 seconds.^{46, 47, 51, 52}

Step 2: Box Breathing (Four-Square Breathing)

1. Used by athletes and the military to reduce stress and increase performance.^{44, 45, 46, 47, 49, 50, 51}

2. Close your eyes and relax your hands in your lap.^{44, 45, 46, 47, 49, 50, 51}

3. Inhale through your nose for 4 seconds.^{44, 45, 46, 47, 49, 50, 51}

4. Hold your breath for 4 seconds.^{44, 45, 46, 47, 49, 50, 51}

5. Exhale slowly through your mouth for 4 seconds.^{44, 45, 46, 47, 49, 50, 51}

6. Hold your breath again for 4 seconds.^{44, 45, 46, 47, 49, 50, 51}

7. Continue for at least 4 cycles or until you feel calmer.^{44, 45, 46, 47, 49, 50, 51}

Step 3: Resonant or Coherent Breathing

1. Used in clinical settings to help reduce anxiety and heart rate variability.^{44, 50,}

2. Sit or lie down with relaxed shoulders.^{44, 50,}

3. Inhale through the nose for 5 seconds.^{44, 50}

4. Exhale through the nose for 5 seconds.^{44, 50}

5. Continue for at least 5 minutes.^{44, 50}

6. Take no pauses between breaths to keep them fluid and calm.^{44, 50}

Step 4: Five-Finger Breathing (for Grounding)

1. Combines breath and touch to focus attention.⁴⁶

2. Hold one hand out, fingers spread.⁴⁶

3. Use the index finger of the other hand to trace.⁴⁶

“

Higher heart-rate variability (HRV), arising from respiratory sinus arrhythmia, is typically beneficial as it translates into robust responses to changes in breathing and thus a more resilient stress-response system.
— Fincham et al., 2023⁴

“

Just one session of slow, deep breathing had beneficial effects on anxiety and vagal tone in adults.
— Fincham et al., 2023⁴

“

Several breathing exercises such as slow and deep breathing, relaxation breathing, pursed lip breathing, and diaphragmatic breathing are described in evidence-based physiotherapeutic approaches in pulmonary rehabilitation programs.
— Akçay et al., 2024¹⁶

4. Inhale as you trace up a finger. ⁴⁶
5. Exhale as you trace down. ⁴⁶
6. Move to the next finger. ⁴⁶
7. Repeat for all five fingers. ⁴⁶

Step 5: Pursed Lip Breathing

1. Improves airflow, especially for those with breathing issues. ^{44, 46, 47, 50}
2. Sit or lie down and relax your neck and shoulders. ^{44, 46, 47, 50}
3. Inhale slowly through your nose for 2 counts. ^{44, 46, 47, 50}
4. Purse your lips like you are going to whistle. ^{44, 46, 47, 50}
5. Exhale gently and slowly through pursed lips for 4 counts. ^{44, 46, 47, 50}
6. Continue for several minutes. ^{44, 46, 47, 50}

5. Yogic and traditional practices protocol

Step 1: Alternate Nostril Breathing (Anulom Vilom)

1. Balances mind and body, promotes focus and calmness. ^{46, 49, 51, 52}
2. Choose a seated position with a straight back. ^{46, 49, 51, 52}
3. Lift your right hand. ^{46, 49, 51, 52}
4. Fold your index and middle fingers into your palm. Use your thumb for the right nostril and ring/pinky fingers for the left nostril. ^{46, 49, 51, 52}
5. Close your right nostril with your thumb and inhale through your left nostril. ^{46, 49, 51, 52}



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Alternate nostril breathing (ANB) is an effective breathing exercise with therapeutic benefits on cardiorespiratory functions for healthy and diseased individuals.

— Jahan et al., 2021 ³⁵

6. Close your left nostril with your ring finger and release your thumb to exhale through your right nostril. ^{46, 49, 51, 52}
7. Inhale through the right nostril, close it, and exhale through the left nostril. ^{46, 49, 51, 52}
8. Continue for up to 5 minutes. ^{46, 49, 51, 52}
9. Always end with an exhale through the left nostril. ^{46, 49, 51, 52}

Step 2: Bhramari Pranayama (Humming Bee Breath)

1. Soothes the nervous system and quiets the mind. ^{44, 52}
2. Close your eyes and relax your body. ^{44, 52}
3. Place your index fingers on the cartilage of your ears. ^{44, 52}
4. Take a deep breath in through your nose. ^{44, 52}
5. Press the cartilage in and make a humming sound while exhaling slowly. ^{44, 52}
6. Continue for 5–10 rounds, or as long as is comfortable. ^{44, 52}

Step 3: Sitali Breath (Cooling Breath)

1. Cools the body and calms the mind. ⁴⁴
2. Sit upright and relax your shoulders. ⁴⁴
3. Stick out your tongue and curl it into a tube (or purse your lips if you cannot curl your tongue). ⁴⁴
4. Inhale slowly through your curled tongue or pursed lips. ⁴⁴
5. Exhale slowly through your nose. ⁴⁴
6. Continue for 2–5 minutes. ⁴⁴

“
Pranayama practices four important aspects of breathing, such as Pūraka (inhalation), Recaka (exhalation), Antah kumbhaka (internal breath retention), and Bahih kumbhaka (external breath retention).
— Jayawardena et al., 2020 ⁸

“
Mindful breathing for 15 min a day, at a rate of 6 breaths per minute is effective in lowering blood pressure, and has both an immediate and a short-term effect (over several days).
— Natarajan et al., 2024 ¹⁹



Step 4: Lion's Breath

1. Relieves tension and energizes the body. ^{44, 46, 50}
2. Sit on your heels or cross-legged. ^{44, 46, 50}
3. Press palms into your knees, fingers spread wide. ^{44, 46, 50}
4. Inhale through the nose, open eyes wide. ^{44, 46, 50}
5. Open your mouth wide, stick out your tongue toward your chin, and make a loud “haaa” sound as you exhale. ^{44, 46, 50}
6. Do this 2–3 times. ^{44, 46, 50}

Additional Tips

1. Always practice in a safe environment (sit or lie down to avoid dizziness).
2. Practice daily, even if it is just 3 minutes a day. It helps build habits and benefits.
3. Monitor bodily cues. Stop if you feel lightheaded or uncomfortable and return to normal breathing.
4. Set a timer, starting with 2–5 minutes and gradually increasing.
5. Use visuals such as those provided by applications like Headspace or Calm. They offer animations to breathe along with.
6. Anchor with fingers by counting your breaths on your fingers to stay engaged.

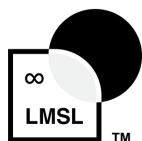


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Yoga involves isometric contraction and improves skeletal muscle strength.
— Karthik et al., 2014 ⁹

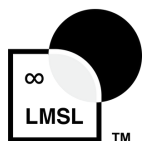
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A very beneficial breathing exercise that can be practiced anywhere is to inhale deeply to the count of five, hold the breath for five counts, then exhale slowly to the count of five. — Aizenstros et al., 2019 ²

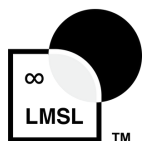


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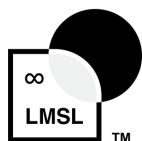
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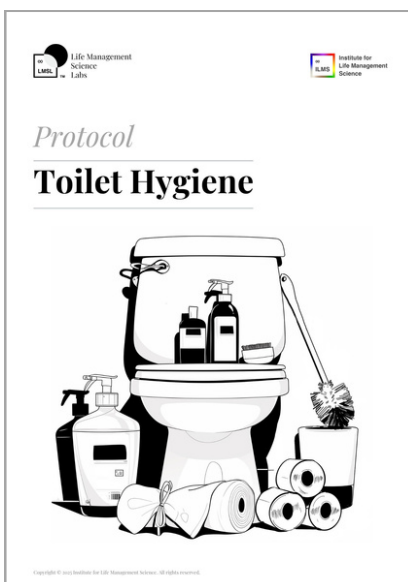
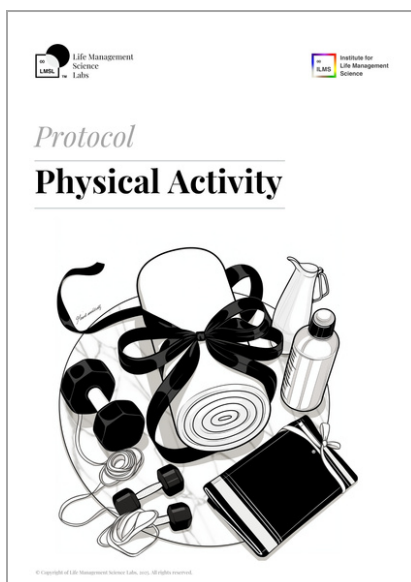
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9. Other ILMS Protocol Series

Protocols are systematically developed, research-informed step-by-step guides that outline best practices for managing everyday life activities. These documents break down complex tasks into structured, repeatable actions to promote efficiency, consistency, and intentional life management. Each protocol is rooted in credible secondary research and designed to be practical, adaptable, and actionable.



10. Other Publications on Breathing Practices

Learn more about Breathing Practices by going through the other publications:

ILMS Concept Documentation Standards



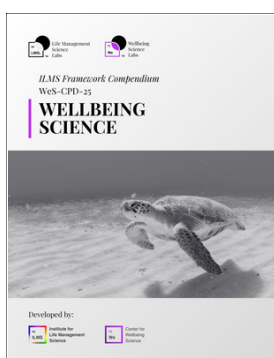
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11. Other Social Media Pages



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