

Breathwork Guide — Calm Your Nervous System

“Be still and know (recognize, understand) that I am God.”
—PSALM 46:10 (AMP)

Breathwork is one way we practice stillness—not just to quiet the world, but to become aware of God’s presence in our bodies, emotions, and moments of overwhelm. It’s where surrender starts.

Breathwork is a powerful, proven way to regulate your nervous system—especially when you’re triggered, anxious, or emotionally overwhelmed. It shifts your body out of survival mode and into a state where you can think clearly, feel grounded, and connect with God and others.

Breathing Patterns:

Box Breathing (4–4–4–4)

Great for: grounding when overwhelmed

- Inhale 4 seconds
- Hold 4 seconds
- Exhale 4 seconds
- Hold 4 seconds
- Repeat x4+

Sigh & Let Go

Great for: tension or stress release

- Inhale slowly through nose
- Big audible sigh out the mouth
- Drop your shoulders
- Repeat until your body softens

Ground & Open (4–6–8)

Great for: emotional openness and safety

- Inhale 4 seconds (calm)
- Hold 6 seconds (presence)
- Exhale 8 seconds (release)
- Repeat x3–5

When to Use Breathing Patterns:

- Before journaling or prayer
- When you feel triggered or anxious
- After a hard conversation
- Before reading a Heart Check PDF
- Anytime you feel “off” and can’t quite name why

“Use this breath before you read a Heart Check PDF, reflect on a journal prompt, or bring something heavy before God.”

Want more breathwork practices and reflections?

Visit: seanbrannan.com/tag/breathwork to explore guided posts, videos, printable downloads, and simple tools to help you *start breathing* and calm your nervous system and reconnect with God.

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