

DIAPHRAGMATIC BREATHING OS

Sourced from *Self-Care, Ch. 3*

DIAPHRAGMATIC BREATHING · 5 MINUTES

Hopper et al. 2019 — JBI systematic review

01 · FIND THE DIAPHRAGM

One hand on chest, one on belly. Belly should rise more.

Chest only = shallow. Send the breath lower.

02 · INHALE 4 — NOSE

Slow, through the nose. Belly expands.

Rhythm, not target. Don't strain.

03 · EXHALE 6-8 — MOUTH

Long, slow exhale. Pursed lips help.

At least 1.5x the inhale. The vagal lever.

04 · HOLD THE RHYTHM 5 MIN

~8 breaths per minute. Don't count.

Roughly one breath every 7.5 seconds.

05 · CARRY IT

Return to the rhythm during the day. Pair with a trigger.

The session trains it. The day applies it.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/diaphragmatic-breathing

For the mechanism, the protocol, and citations.