



The "Just Breathe" Guide

Simple Breathwork Protocols to Lower Cortisol Instantly

Just Breathe ❤️ - Lifestyle Medicine with Julie

Why Breathwork?

Your breath is the remote control for your nervous system. When you are stressed, your breathing becomes shallow and rapid, signaling your body to stay in “fight or flight” mode. By consciously slowing and deepening your breath, you can flip the switch to “rest and digest” (parasympathetic mode) in as little as 60 seconds.

This guide provides three simple, evidence-based techniques to help you find calm in the chaos.

1. The 4-7-8 Relaxing Breath

Best for: Sleep, anxiety, and stopping a stress spiral. This technique acts as a natural tranquilizer for the nervous system.

1. Exhale completely through your mouth, making a whoosh sound.
2. Inhale quietly through your nose to a mental count of **4**.
3. Hold your breath for a count of **7**.
4. Exhale completely through your mouth, making a whoosh sound to a count of **8**.
5. Repeat the cycle for **4 breath cycles**.

Tip: Keep the tip of your tongue against the ridge of tissue just behind your upper front teeth for the entire duration.

2. Box Breathing (Square Breathing)

Best for: Focus, clarity, and before a big meeting or event. Used by Navy SEALs to stay calm under pressure, this technique balances energy and calms the mind.

1. Inhale through your nose for a count of **4**.
2. Hold your breath for a count of **4**.
3. Exhale through your nose for a count of **4**.
4. Hold your breath (lungs empty) for a count of **4**.
5. Repeat for **2-5 minutes**.

3. Physiological Sigh

Best for: Immediate panic relief and lowering heart rate. Discovered by neuroscientists, this is the fastest way to offload carbon dioxide and reduce stress in real-time.

1. Inhale deeply through your nose.
2. Inhale again (a short, sharp sip of air) to fully inflate the lungs.
3. Exhale slowly and fully through your mouth.
4. Repeat **1-3 times**.

Creating a Daily Practice

You don't need to meditate for an hour to see benefits. Consistency beats intensity.

- **Morning:** Do 2 minutes of **Box Breathing** to start your day with focus.
- **Mid-Day:** Use the **Physiological Sigh** whenever you feel tension rising.
- **Evening:** Practice **4-7-8 Breathing** in bed to drift off to sleep.

Disclaimer: This guide is for educational purposes and does not constitute medical advice. Always consult your healthcare provider before starting new health practices.

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Julie's Recommendation: Cellular Calm

While breathwork calms the nervous system, your cells also need support to handle stress.

I use **Redox Signaling Molecules** to help my body maintain balance and resilience at the cellular level, supporting my overall sense of calm and well-being.

[Discover My Stress Support Secret](#)