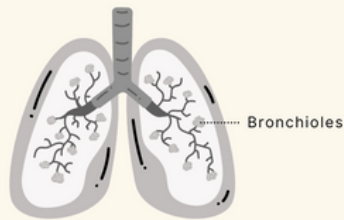


# TACMOBILITY

## Top 4 Breathing Techniques That Work

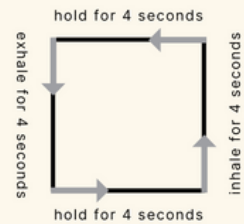
### PHYSIOLOGICAL SIGH



Inflates bronchioles,  
slows HR, crisis resource

**2 Part inhale:** 1 long inhale + 1 short inhale  
followed by a long, slow exhale.

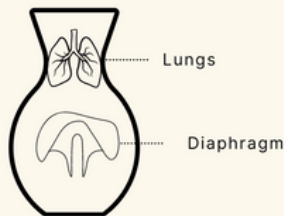
### BOX BREATHING



Breath regulation, reduces insomnia,  
increases focus, calms body

**Visualize** moving across each side of a  
square. Start by inhaling up one side for 4  
sec, hold 4 sec across top, etc.

### VASE BREATHING



Increases blood flow, can stimulate or  
calm depending on tempo, calms body

**2 part inhale:** 1 breath into lungs and 1  
breath using diaphragm to push belly  
button away from spine.

### ALTERNATE NOSTRIL BREATHING



Balances right and left hemisphere,  
increases concentration, lowers BP

Plug Side A nostril, inhale on Side B. Pinch  
both sides and hold for 3sec. Release Side  
A plug and exhale. Inhale Side A, pinch &  
hold. Release Side B plug and exhale.

TACMOBILITY CHALLENGE:  
PRACTICE 3-5 ROUNDS OF EACH