



*Breathe to flow*

# 5 Breathing Techniques to Instantly Reduce Stress at Work

## Learn to use your breathing as a natural remedy

You breathe 23,000 times a day, and each breath is deeply connected to your emotional state. In this guide, you'll learn five simple yet powerful breathing exercises—each taking just 6 minutes or less—designed to help you manage stress and improve focus during your workday.

## Use the 6 / 12 / 20 rule

We follow the 6/12/20 rule: 12 minutes of breathwork is the best balance of time and benefit, providing strong results with regular practice. 20 minutes is ideal, but when time is short, even 6 minutes can still have a meaningful impact. In this guide, you'll learn five simple yet powerful breathing exercises—each taking just 6 minutes

## ICE - WATER - FIRE technique™

At Breathe to Flow, we use the ICE-WATER-FIRE Technique™, a unique approach categorizing breathwork into three types:

**Ice:** Cooling and calming techniques for relaxation.

**Water:** Balancing and harmonizing techniques for emotional regulation.

**Fire:** Energizing techniques to boost vitality and focus.



# The 5 techniques

## 1. Breath Counting (Conscious breathing)

**Purpose:** Develop mindfulness and bring your attention back to the present moment, reducing stress and anxiety.

**Benefits:** Breath counting is a simple yet powerful way to anchor your mind, enhancing focus and reducing stress.

**Instructions:**

1. Sit comfortably with your eyes closed and your spine straight.
2. Begin by noticing your breath. Take a few moments to settle into a natural rhythm.
3. As you breathe in and out, count "one" for the first complete breath (inhale + exhale).
4. Continue counting each full breath (inhale + exhale) until you reach "ten."
5. If your mind wanders and you lose count, gently bring your focus back and start again from "one."

## 2. Coherence Breathing (Water Category)

**Purpose:** Balance your nervous system and promote a sense of calm and emotional stability.

**Benefits:** Coherence breathing harmonizes your heart rate and breathing, reducing stress and enhancing emotional regulation.

**Instructions:**

1. Sit comfortably with your feet flat on the floor.
2. Breathe in slowly and gently through your nose, counting up to 5.
3. Breathe out slowly and gently through your nose, counting down from 5.
4. Focus on your breath, maintaining a steady rhythm for the full 6 minutes.

## 3. Double Exhale Breathing (Ice Category)

**Purpose:** Quickly cool down your body and mind, reducing anxiety and calming your nerves.

**Benefits:** This technique slows down your heart rate, easing tension and promoting relaxation.

**Instructions:**

1. Breathe in deeply through your nose, counting up to 4.
2. Breathe out slowly through your mouth, extending your exhale and counting down from 8.
3. Continue this pattern for 6 minutes, allowing your body to relax with each extended breath out.

# The 5 techniques

## 4. Alternate Nostril Breathing (Water Category)

**Purpose:** Balance your mind and body, improving concentration and emotional stability.

**Benefits:** This technique balances the two hemispheres of your brain, enhancing mental clarity and emotional well-being.

**Instructions:**

1. Use your right thumb to close your right nostril and breathe in slowly through your left nostril, counting up to 5.
2. Close your left nostril with your ring finger, open your right nostril, and breathe out slowly through your right nostril, counting down from 5.
3. Breathe in through your right nostril, counting up to 5, then close it and breathe out through your left nostril, counting down from 5.
4. Continue alternating for 6 minutes.

## 5. Triangle Breathing (Ice Category)

**Purpose:** Sleep faster and better, or use during the day to enhance focus and clarity while maintaining a calm and composed state.

**Benefits:** Triangle breathing sharpens focus, calms the mind, and helps you stay centered.

**Instructions:**

1. Breathe in slowly through your nose, counting up to 4.
2. Hold your breath, counting slowly to 4.
3. Breathe out slowly through your nose, counting down from 4.
4. Repeat the cycle, visualizing a triangle as you breathe, for 6 minutes.

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## Conclusion

Incorporating these breathing techniques into your daily routine can significantly reduce stress and enhance your overall well-being. Whether you have 6 minutes, 12 minutes, or the full 20 minutes to spare, the ICE-WATER-FIRE Technique™ provides a flexible and effective way to improve your mental and physical health. Start with these exercises and discover the transformative power of breathwork.