



BARE
WOMAN

BARE RESET — BONUS GUIDE

THE BREATH *Reset*

*A practical guide to using your breath
to change your state*

EIGHT TECHNIQUES · SCIENCE · DAILY PRACTICE
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01 WELCOME

Why breathing *changes everything*

Breathing is the only automatic function of the body that you can consciously control.

Your heart beats without instruction. Your digestion continues without permission. But your breath belongs to both worlds — it happens on its own, and it answers when you take the reins.

That is what makes it the most direct tool you have for changing how you feel.

When you change your breath, you change your nervous system. Your emotions. Your focus. Your energy. Your physiology.

Not eventually. Within a single minute.

This guide gives you eight techniques, the simple science behind each one, and the exact moments to use them. No apps. No equipment. Nothing to buy.

Only what you are already doing, twenty thousand times a day — done with intention.

*You are always breathing.
The question is how.*

*Breathing is the only automatic function
you can consciously control.*

It is the doorway between the body you cannot command
and the mind that thinks it is in charge.

Simple science. *Immediate effect.*

You do not need to understand physiology to feel the difference. But knowing why it works makes you far more likely to do it.

OXYGEN

Oxygen is rarely what you lack. Even during stress your blood is close to fully saturated.

CARBON DIOXIDE

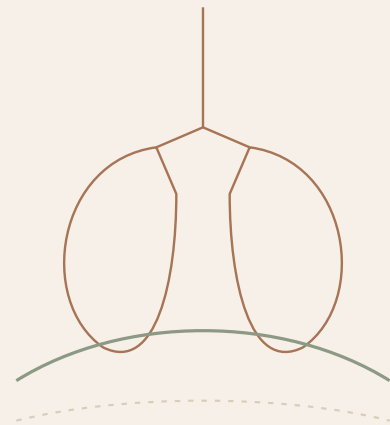
Carbon dioxide is what drives the urge to breathe — and what allows oxygen to be released into your tissues. Slow breathing raises it slightly, and that is a good thing.

THE DIAPHRAGM

The muscle beneath your lungs. When it moves fully, the lungs fill from the bottom, where blood flow is richest.

THE VAGUS NERVE

The long nerve connecting brain, heart, lungs and gut. Slow exhalations stimulate it, and it tells the heart to slow down.



THE DIAPHRAGM ON THE INHALE

Two states. One switch.

Your autonomic nervous system has two modes. Most of modern life keeps you in the first. Your breath is the switch between them.

Sympathetic

Fight or flight

- Short, high, fast breathing
- Heart rate rises
- Attention narrows
- Digestion pauses

Parasympathetic

Rest and digest

- Slow, low, nasal breathing
- Heart rate falls
- Attention widens
- Repair and digestion resume

Fast, shallow, mouth breathing tells your body there is a threat. Slow, low, nasal breathing tells it the threat has passed. Your body believes the breath before it believes your thoughts.

*You cannot think your way
into a calm body.
But you can breathe
your way there.*



PART TWO

The Eight Techniques

Each one has a purpose, a rhythm and a moment.
You do not need all eight. You need the right one.

- | | | | |
|----|-------------------------|----|------------------------|
| 01 | Diaphragmatic Breathing | 02 | Box Breathing |
| 03 | Coherent Breathing | 04 | The Physiological Sigh |
| 05 | Extended Exhale | 06 | Resonant Breathing |
| 07 | Energising Breath | 08 | Breath Awareness |



01 CHAPTER 1

Diaphragmatic Breathing

Also called belly breathing

RELAXATION · SLEEP · ANXIETY · DIGESTION · RECOVERY

The diaphragm is a dome-shaped muscle that sits beneath your lungs. When it contracts and moves downward, your lungs fill from the bottom — where most of your blood flow lives.

Most adults under stress breathe high in the chest, using small, fast breaths. Belly breathing restores the movement your body was designed for, and stimulates the vagus nerve as the diaphragm descends.

BENEFITS

- Lowers heart rate and blood pressure
- Improves oxygen exchange with less effort
- Supports digestion by gently massaging the organs
- Prepares the body for deep sleep



THE PRACTICE

- 01 Lie down or sit with your spine tall and shoulders soft.
- 02 Place one hand on your chest and one on your belly.
- 03 Inhale slowly through the nose for four counts. Only the lower hand should rise.
- 04 Exhale gently through the nose or mouth for six counts.
- 05 Continue for five to ten minutes.

WHEN TO USE IT

- Before sleep
- During anxiety
- After a stressful conversation
- As a daily five-minute reset

WHEN NOT TO USE IT

- Immediately after a large meal
- If forcing the breath creates dizziness — return to normal breathing

TIPS

- Let the exhale be soft, never forced.
- A book resting on the belly gives instant feedback.
- Warmth in the hands is a sign the body is settling.

COMMON MISTAKES

- Lifting the shoulders on the inhale.
- Pushing the belly out with muscle instead of breath.
- Breathing too deeply, too fast.

TRY THIS TODAY

Tonight, before sleep, take ten belly breaths with one hand resting below your navel.

Box Breathing

Four in · four hold · four out · four hold

FOCUS · COMPOSURE · STRESS REGULATION · MENTAL CLARITY

Box breathing is used by Navy SEALs, surgeons and elite athletes to stay clear-headed under pressure. The equal, structured rhythm gives the mind a single task to hold on to.

The short holds mildly raise carbon dioxide, which improves oxygen delivery to the tissues and steadies the stress response without sedating you.

BENEFITS

- Sharpens concentration
- Steadies the voice and the hands
- Reduces stress without lowering alertness
- Easy to remember under pressure



THE PRACTICE

- 01 Sit tall, feet grounded, jaw relaxed.
- 02 Inhale through the nose for four counts.
- 03 Hold gently for four counts.
- 04 Exhale through the nose for four counts.
- 05 Hold empty for four counts. Repeat four to six rounds.

WHEN TO USE IT

- Before a meeting or presentation
- When your mind is scattered
- Before deep work
- In moments that demand composure

WHEN NOT TO USE IT

- During a panic attack — the holds can feel confronting
- In pregnancy, or with respiratory conditions, unless advised otherwise

TIPS

- Trace the sides of a square with your eyes or finger.
- Keep the holds soft — a pause, not a clamp.
- Three minutes is enough.

COMMON MISTAKES

- Holding with tension in the throat.
- Counting too fast when stressed.
- Forcing a bigger inhale than you need.

TRY THIS TODAY

Before your next demanding task, complete four rounds of box breathing.



03 CHAPTER 3

Coherent Breathing

Five seconds in · five seconds out

BALANCE · HEART RATE VARIABILITY · EMOTIONAL REGULATION

Breathing at roughly six breaths per minute brings your heart rhythm, breath and blood pressure waves into one smooth, synchronised pattern. Researchers call this coherence.

It raises heart rate variability — a marker of how adaptable your nervous system is — and strengthens vagal tone, the body's brake pedal against stress.

BENEFITS

- Increases heart rate variability
- Balances sympathetic and parasympathetic activity
- Improves emotional resilience
- Gentle enough to practise daily

THE BARE RESET FAVOURITE

If you only ever practise one technique, make it this one. It is safe, it suits every body, and it trains the nervous system rather than only rescuing it.



THE PRACTICE

- 01 Sit or lie comfortably. Breathe only through the nose.
- 02 Inhale smoothly for five seconds.
- 03 Exhale smoothly for five seconds. No pauses.
- 04 Keep the breath light — you should barely hear it.
- 05 Continue for five to twenty minutes.

WHEN TO USE IT

- Any time of day
- During emotional overwhelm
- As your daily baseline practice
- While walking or resting

WHEN NOT TO USE IT

- Nothing to avoid — this is the safest, most universal practice in this guide

TIPS

- Use a timer or a slow piece of music to hold the rhythm.
- Lighter is better than deeper.
- Ten minutes a day is the sweet spot.

COMMON MISTAKES

- Over-breathing to fill the five seconds.
- Adding holds — coherence lives in the continuous wave.
- Practising only when stressed.

TRY THIS TODAY

Set a timer for five minutes and breathe five in, five out. Notice how you feel afterwards.

04 CHAPTER 4

The Physiological Sigh

Two inhales · one long exhale

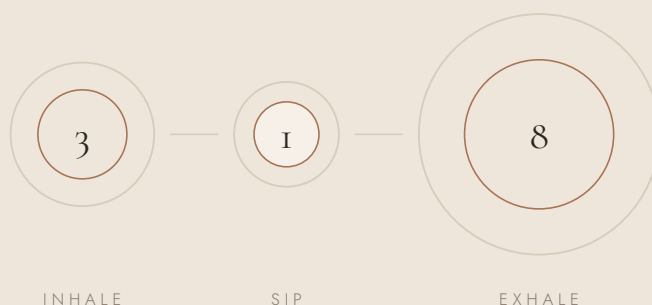
IMMEDIATE STRESS RELIEF · OVERWHELM · EMOTIONAL RESET

Your body already does this. It is the double-inhale of a child after crying, and the sigh you take without noticing during sleep.

Research from Stanford found it to be the fastest known way to lower stress in real time. The second short inhale reopens collapsed air sacs in the lungs, and the long exhale offloads carbon dioxide and slows the heart within a single breath.

BENEFITS

- Calms the body in thirty seconds or less
- Requires no preparation, position or privacy
- Interrupts a spiral before it builds
- Works even mid-conversation



THE PRACTICE

- 01 Inhale through the nose until the lungs feel comfortably full.
- 02 Take a second, shorter sip of air on top of it.
- 03 Release one long, slow exhale through the mouth.
- 04 Let the exhale be longer than both inhales combined.
- 05 Repeat one to three times.

WHEN TO USE IT

- Acute stress
- Before walking into a room
- During overwhelm
- When you notice your jaw or shoulders tighten

WHEN NOT TO USE IT

- Repeating it more than five times in a row — one to three is usually enough

TIPS

- Let the exhale sound like relief, not effort.
- Soften the jaw as the air leaves.
- One is often enough.

COMMON MISTAKES

- Making the second inhale as long as the first.
- Rushing the exhale.
- Repeating it so often it becomes hyperventilation.

TRY THIS TODAY

The next time you feel your chest tighten, take one physiological sigh before you respond.

05 CHAPTER 5

Extended Exhale

Four in · six or eight out

CALM · ANXIETY · WINDING DOWN

Your heart speeds up slightly on every inhale and slows on every exhale. This is why lengthening the exhale reliably calms you: you are spending more time in the slowing half of the cycle.

A longer exhale increases vagal activity and shifts the body from sympathetic alert into parasympathetic rest — no counting perfection required.

BENEFITS

- Slows the heart within a few breaths
- Softens muscular tension
- Quietens anxious thinking
- Prepares the body for sleep



THE PRACTICE

- 01 Sit or lie down with a long spine.
- 02 Inhale through the nose for four counts.
- 03 Exhale through the nose or pursed lips for six counts.
- 04 When six feels easy, extend the exhale to eight.
- 05 Continue for three to five minutes.

WHEN TO USE IT

- Anxiety
- The end of the working day
- Before sleep
- After exercise

WHEN NOT TO USE IT

- If it causes breathlessness — shorten the ratio to four and five

TIPS

- Imagine exhaling through a straw.
- Let the shoulders drop on every out-breath.
- Comfort beats ratio.

COMMON MISTAKES

- Squeezing the last of the air out.
- Straining to reach eight too soon.
- Holding tension in the face.

TRY THIS TODAY

Take three minutes this evening breathing four in, six out.



06 CHAPTER 6

Resonant Breathing

Finding your own frequency

PERSONALISED BALANCE · LONG-TERM NERVOUS SYSTEM TRAINING

Coherent breathing sets everyone at six breaths per minute. Resonant breathing finds the exact pace at which your own cardiovascular system produces the largest, smoothest wave — usually between 4.5 and 6.5 breaths per minute.

The difference is small but meaningful: coherence is the shared rhythm, resonance is yours. Practised regularly, it trains baseline vagal tone rather than only calming you in the moment.

BENEFITS

- Tailored to your own physiology
- Builds long-term stress resilience
- Deepens the benefits of coherent breathing
- Supports blood pressure regulation



THE PRACTICE

- 01 Begin with five seconds in, five seconds out.
- 02 On another day, try six in and six out. Then five and a half.
- 03 Notice which pace feels effortless and quietly pleasant.
- 04 That pace is your resonance. Return to it.
- 05 Practise ten to twenty minutes.

WHEN TO USE IT

- As a progression once coherent breathing feels natural
- Daily, at the same time
- During longer restorative practices

WHEN NOT TO USE IT

- Chasing precision — the difference between 5.5 and 6 breaths is not worth the tension

TIPS

- Ease is the measurement.
- Same time, same place, most days.
- Nasal breathing throughout.

COMMON MISTAKES

- Treating it as a performance.
- Changing your pace every session.
- Breathing deeply instead of slowly.

TRY THIS TODAY

Try six seconds in and six seconds out. Compare it with five and five.

07 CHAPTER 7

Energising Breath

A safe way to wake the body

MORNING ENERGY · LOW AFTERNOONS · MENTAL ALERTNESS

Energy does not require hyperventilation. Slightly longer inhales than exhales gently increase sympathetic activity — the same system that lifts you out of bed in the morning.

This version is deliberately gentle: no forceful pumping, no light-headedness, no risk. You should finish feeling awake and clear, never dizzy.

BENEFITS

- Raises alertness without caffeine
- Improves posture and lung capacity
- Warms the body
- Lifts a low mood



THE PRACTICE

- 01 Stand or sit tall, crown lifting, shoulders wide.
- 02 Inhale through the nose for six counts, filling from the belly upwards.
- 03 Exhale through the nose for four counts.
- 04 Keep the pace calm and controlled. Never force.
- 05 Ten to twenty rounds, then return to normal breathing.

WHEN TO USE IT

- First thing in the morning
- The mid-afternoon dip
- Before movement or exercise

WHEN NOT TO USE IT

- Late in the evening
- In pregnancy
- With high blood pressure, epilepsy or cardiac conditions
- If you feel dizzy at any point — stop and breathe normally

TIPS

- Open the chest and let the ribs widen sideways.
- Pair it with daylight for a stronger effect.
- Stop the moment it feels frantic.

COMMON MISTAKES

- Speeding up until it becomes hyperventilation.
- Breathing through the mouth.
- Practising it in bed at night.

TRY THIS TODAY

Tomorrow morning, take fifteen rounds by a window before you touch your phone.



08 CHAPTER 8

Breath Awareness

Nothing to change. Only to notice.

PRESENCE · MEDITATION · SELF-CONNECTION

Every other technique in this guide asks you to change something. This one asks you to change nothing at all.

Observing the breath without altering it strengthens interoception — your ability to sense what is happening inside your body. It is the foundation of emotional regulation, and the quietest form of meditation there is.

BENEFITS

- Builds present-moment awareness
- Reduces rumination
- Improves body literacy
- Requires no technique to remember



OBSERVE

OBSERVE

THE PRACTICE

- 01 Sit comfortably and let the eyes close or soften.
- 02 Let the breath be exactly as it is.
- 03 Notice where you feel it most clearly: nostrils, chest or belly.
- 04 When the mind wanders, return without judgement. That return is the practice.
- 05 Stay for five to ten minutes.

WHEN TO USE IT

- As a daily meditation
- Whenever you feel disconnected
- In waiting rooms, queues and quiet moments
- Before or after any other practice

WHEN NOT TO USE IT

- Nothing — though if observing the breath feels uncomfortable, rest your attention on the hands instead

TIPS

- Wandering is not failure.
- Name it quietly: in, out.
- Short and daily beats long and rare.

COMMON MISTAKES

- Trying to breathe correctly.
- Judging the quality of the session.
- Waiting for a special feeling.

TRY THIS TODAY

Sit for three minutes and simply watch your breath. Change nothing.

*You cannot think your way
into a calm body.*

But you can breathe your way there in ninety seconds.



I feel...

Keep this page. It is the whole guide in one glance.

I FEEL

PRACTISE

HOW

Anxious

The Physiological Sigh

Fastest relief. One to three rounds.

Can't sleep

Diaphragmatic Breathing

Ten slow belly breaths, lying down.

Need focus

Box Breathing

Four rounds before you begin.

Overwhelmed

Coherent Breathing

Five minutes, five in, five out.

Need energy

Energising Breath

Fifteen rounds in daylight.

Need calm

Extended Exhale

Four in, six out, three minutes.

Want to meditate

Breath Awareness

Change nothing. Watch.

IF YOU REMEMBER NOTHING ELSE

Longer exhale than inhale, through the nose, for one minute. That single instruction covers ninety per cent of the moments you will need it.



04 DAILY PRACTICE

Five minutes. *Three moments.*

You do not need a longer practice. You need a repeatable one.

Morning

2 MINUTES

Energising Breath

Fifteen slow rounds by a window before your phone. Six in, four out.

Wakes the body without adrenaline.

Midday

1 MINUTE

Box Breathing

Four rounds before your most demanding task of the day.

Restores focus and composure.

Evening

2 MINUTES

Extended Exhale

Lying down, four in, six out, until the body softens.

Signals to your body that the day is complete.

Consistency beats duration. Always.



05 FINAL REFLECTION

What did you notice?

How does breathing consciously make me feel?

Which technique helped me most, and when?

Which one will become my daily practice?

MY COMMITMENT

For the next thirty days I will practise

every day, at _____

SIGNED

DATE

*Every breath is an opportunity
to begin again.*

BARE RESET — THE BREATH RESET

BREATHE. THEN BEGIN.