

Breath Reset Deck

Sample Deck



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Introduction



Life moves quickly. Stress piles quietly. And somewhere between “I’ll take a break later” and “Just one more thing,” our minds and bodies forget how to soften. This deck is your gentle reminder that calm is always within reach—literally in the palm of your hand.

Inside, you’ll find 50 unique breathing techniques designed for anyone—whether you’re brand-new to mindful breathing, a skeptic of “woo-woo” practices, or someone who simply needs a quick, no-fuss reset. Each card guides you through a short exercise that takes between one and five minutes. That’s all it takes to change the tone of your day.

Instructions



1. Find a comfortable position—sitting, standing, or lying down.
2. Hold the card in your hand and read it once before you begin.
3. Breathe slowly and steadily, letting the card's imagery or prompts guide you.
4. If your thoughts wander, gently return to the rhythm of your breath.
5. When you finish, notice how you feel—lighter, calmer, or simply more present.

Suggested Practices



Daily Draw – Shuffle the cards in the morning and pick one to guide your breath that day. Use it once or return to it whenever you feel stress rising.

The Stress SOS – Keep the deck at your desk, in your bag, or by your bedside. Pull a card when you feel overwhelmed and follow its steps until your breath feels steady.

The Breathing Game – In a group, take turns drawing cards and leading everyone through the exercise. Laugh if it feels awkward—connection and calm go hand in hand.

Mindful Break Jar – Place the deck in a decorative jar or box. Each time you walk past, pull one card and do the exercise before moving on.

Wind-Down Ritual – Pick one card before bed to signal your body and mind that it's time to rest. Over time, your nervous system will begin to recognize this cue and relax more quickly.

Coffee Steam Breath

Close your eyes. Imagine holding your morning coffee or tea. Inhale deeply through your nose as if smelling the warm steam. Exhale slowly through your mouth, releasing tension.

Repeat 6–8 times.



The Humming Reset

Inhale deeply, then exhale while humming. Feel the vibration soothe your body.

Repeat 1–3 minutes.



Flower Bloom

Inhale as if smelling a blooming flower. Imagine petals opening. Exhale and imagine the petals relaxing back in.



Snake Breath

Inhale through your nose, then exhale slowly through your mouth while making a soft “ssssss” sound.



Whistle Wind

Inhale deeply. Exhale with a soft whistle, feeling the sound carry stress away.



Mini Yawn

Inhale deeply, stretch your jaw wide, and exhale like a slow yawn. Feel tension melt.



Mountain Air

Imagine standing on a mountain. Inhale crisp, cool air. Exhale and feel grounded like rock.



Bubble Breath

Pretend you're blowing bubbles. Inhale deeply, then exhale slowly, imagining big, shiny bubbles floating away.



Wrist Pulse

Place two fingers on your wrist pulse. Inhale for 4 beats, exhale for 6. Match your breath to your pulse.



Wind Through Trees

Inhale like leaves rustling softly.
Exhale like wind passing gently
through branches.

