

The Physiological Sigh

Your fastest way to downshift.

A sample Reset from our conference toolkit. Two breaths in, one long breath out. It takes less than a minute, needs no space, and nobody will even notice you're doing it.

TRY IT NOW

1

Breathe in through your nose.

Let it be a full, easy breath.

2

Take one more small sip of air on top.

A sip, not a gulp.

3

Breathe out slowly through your mouth.

Make the exhale longer than the inhale, like fogging a mirror.

4

Repeat two or three times, then breathe normally.

Notice what shifted in your shoulders, jaw, and thoughts.

USE IT WHEN

- Before a hard conversation
- Between back-to-back meetings
- In traffic or at the airport
- When your mind won't settle at night

WHY IT WORKS

The double inhale helps fully refill the lungs, and the long exhale is linked to a slower heart rate. That combination is why it tends to feel calming so quickly.

Keep it gentle. If you feel lightheaded, simply return to your normal breathing.

BRING THE RESET TO YOUR EVENT

You give us the agenda. We take care of the wellness.

One of fourteen tools in The Reset by Sedona Reserve: short, seated wellness moments woven into conference agendas across Sedona, Scottsdale, Phoenix, and Arizona.

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