

Diaphragmatic Breathing for Nervous System Regulation

Over time, repeated practice can help the nervous system recognise this pattern and return to it more easily under pressure.

This practice can be used during training, preparation, or recovery – and revisited regularly so it becomes more accessible under pressure.

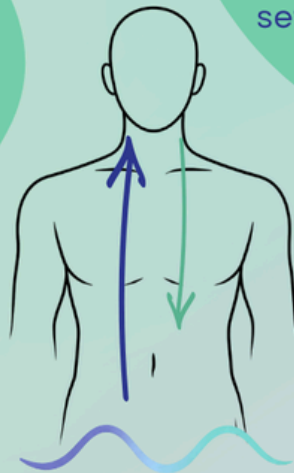
You might stay with this pattern for 3–6 slow cycles, or for as long as feels useful.

Rhythm Over Control

Let the breath settle into a smooth, easy rhythm, without needing to manage or adjust it.

Posture & Contact

Sit or stand with a stable base of support. Notice your feet on the floor and allow your posture to settle into a comfortable, supported position.



Gentle Inhale

Breathe in slowly through the nose, allowing the breath to arrive without effort.

Steady Exhale

Breathe out slowly, letting the exhale naturally lengthen as the body softens.

Where the Breath Moves

Allow the breath to move lower in the body, creating a sense of gentle expansion through the ribs and abdomen.

This practice isn't about eliminating anxiety, but about supporting the body to stay engaged when demand is present.

If this pattern feels unhelpful or effortful, pause and return to it later.



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