

MENTAL WELLNESS · FREE CARD SET

The Vagal Reset Breathing Cards

Four cut-out breathing protocols with exact count patterns and the situation each one fits, a session log, and the medical situations in which breathwork is the wrong tool — five minutes of physiology you can carry in a wallet.

- 4 cut-out protocols
- Exact count patterns
- Situation-matched
- Session log + stop rules
- 3-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

Exhalation is the brake. Heart rate falls on the out-breath via the vagus nerve — respiratory sinus arrhythmia — so protocols that lengthen the exhale or pace breathing near six per minute raise vagal tone and settle the stress response within minutes.

Different tools for different moments. A double-inhale physiological sigh is the fastest down-shift for an acute spike; slow resonance breathing is the daily training dose; extended-exhale patterns suit the pre-sleep wind-down. Matching the pattern to the moment is the whole system.

It is training, not magic. The acute cards work in a handful of cycles; the resonance card pays off over weeks of short daily sessions, as HRV biofeedback research shows. Neither replaces treatment for an anxiety or mood disorder.

The nose and the diaphragm matter. Nasal, diaphragmatic breathing — belly rising, shoulders quiet — is the form the evidence uses. Chest-breathing at the same counts delivers much less of the effect.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
HRV biofeedback meta-analyses	Slow breathing near six breaths/min raises heart-rate variability and reduces stress markers.
Cyclic-sighing trials	Brief daily physiological-sighing practice improves mood and lowers respiration rate versus controls.
Diaphragmatic breathing reviews	Slow diaphragmatic breathing reduces physiological stress responses acutely.

QUICK START — THE NEXT TEN MINUTES

- 1

Cut out the four cards
Keep the one for acute stress somewhere you actually get stressed: wallet, desk, car visor.
- 2

Learn the physiological sigh first
Two nasal inhales, one long mouth exhale. It is the fastest tool and the easiest to remember under load.
- 3

Schedule the resonance card
Ten minutes daily, same cue. This is the training dose the others borrow from.
- 4

Log ten sessions
Rate tension 0-10 before and after. The number is what turns a technique into a habit.

WHEN BREATHWORK IS THE WRONG TOOL

Stop and consult a clinician if breathing practice provokes panic, dizziness or chest pain, or if you have significant respiratory disease (such as severe COPD), unstable cardiovascular disease, or a condition where breath-holding is contraindicated. Breathwork is an adjunct for stress physiology; it does not treat anxiety disorders, and the 4-7-8 hold in particular is not for people advised against breath-holding.

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CUT ALONG THE DASHED LINES

Four protocols, matched to the moment

Nasal and diaphragmatic throughout — belly rises, shoulders stay quiet. The counts are the dose.

THE PHYSIOLOGICAL SIGH

3-5 CYCLES

USE WHEN

Acute stress spike, in the moment

PATTERN

2 nasal inhales, 1 long mouth exhale

The second, shorter inhale re-opens alveoli; the long exhale is the brake.

Fastest down-shift available.

RESONANCE ~6 / MIN

10 MIN DAILY

USE WHEN

Daily training, baseline HRV

PATTERN

In 4, out 6 (or 5 / 5)

The resonance frequency used in HRV biofeedback. The weekly practice that makes the acute cards stronger.

EXTENDED EXHALE 4-8

5 MIN IN BED

USE WHEN

Pre-sleep wind-down, evening anxiety

PATTERN

In 4, out 8

A long, gentle brake for the last hour. Keep it effortless; strain cancels the effect.

4-7-8

4 CYCLES, TWICE NIGHTLY

USE WHEN

Sleep onset, racing mind

PATTERN

In 4, hold 7, out 8

The hold lengthens the exhale-led relaxation. Skip the hold if breath-holding is not advised for you.

STOP AND CONSULT IF

Practice provokes panic, dizziness or chest pain; severe respiratory disease; unstable cardiovascular disease; or any advice against breath-holding (skip the 4-7-8 hold).
Breathwork is an adjunct, not a treatment for an anxiety or mood disorder.

TEN-SESSION LOG			
#	CARD	TENSION BEFORE	AFTER
1			
2			
3			
4			
5			

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HEALTH SECRETS · THE VAGAL RESET BREATHING CARDS · FREE TOOL

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Ready for the Complete Step-by-Step Blueprint?

This card set gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

Stress Recovery Micro-Habits Workbook

Seven five-minute, evidence-based micro-practices for rapid autonomic down-regulation, tracked over 30 days.

Clinical Practice Series · 24 pages · A4 print + fillable

Stress Recovery Micro-Habits Workbook

Rapid autonomic down-regulation using 5-minute evidence-based micro-practices.

24 pages

30-Day Practice + 7 Cards

Clinical Practice Series

\$12 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 The autonomic primer** — what the vagus nerve and HRV actually are, in plain language, so the practice makes sense.
- 1 The 30-day tension log** — a tracker that shows your baseline settling week over week.
- 1 Seven clinically verified micro-practices** — breathing plus the non-breathing down-regulators: cold, stretch, gaze, humming and more.
- 1 No apps, no equipment** — every practice works anywhere, in five minutes, with nothing but a timer.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free card set already gives you

- ☐ Four situation-matched breathing cards
- ☐ Exact count patterns and doses
- ☐ A session log and the stop rules

What only the 24-page edition has

- ☐ Seven micro-practices beyond breathing
- ☐ The autonomic primer that explains why they work
- ☐ A 30-day log that shows your baseline settling
- ☐ Sequencing for acute spikes versus daily training

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/STRESS-RECOVERY-MICRO-HABITS-WORKBOOK](https://healthsecrets.com/products/stress-recovery-micro-habits-workbook)

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A4 print + fillable

Cut the cards; keep the acute one within reach of wherever stress happens.

Physiology-based

Patterns from HRV and cyclic-sighing research. An adjunct, not a treatment.

One-time payment

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