CALM IN PRACTICE

Breathing Pause Choice Card

Not a breathing-difficulty remedy. Sudden or severe trouble breathing, chest pain, fainting, or other signs of a medical emergency need urgent medical help. In the United States, call **911**. Do not assume unfamiliar symptoms are anxiety.

For an optional pause only when breathing is comfortable. This is not a clinically validated protocol, a lung-function test, or treatment.

1 | Begin with the room

Notice an ordinary object or sound, using a sense that is accessible and comfortable. Do not practice while driving, operating equipment, or when attention is needed elsewhere.

2 | Breath attention is optional

If comfortable, briefly notice breathing as it happens. Do not try to enlarge, slow, hold, count, or perfect it. Do not deliberately make it shallow. No required duration or repetitions.

3 | Return outward and finish

Look or listen to the surroundings and continue an ordinary activity. No mood target, restart, or replacement session is required. You may leave breath attention out entirely.

If attention becomes control or checking

Stop the exercise. If physically comfortable, choose an ordinary object, familiar sound, or next practical task instead. You do not have to return to breathing.

If symptoms appear

Stop for dizziness, tingling, pain, increasing distress, or breathing difficulty. Do not force a deep breath or use a breath hold to correct it. Seek medical advice for new, persistent, worsening, or concerning symptoms. Use emergency help for sudden or severe breathing difficulty or chest pain. Follow any clinician-provided action plan.

General adult wellness education, not medical advice, diagnosis, or treatment. Follow individualized professional guidance, especially for conditions affecting breathing. For emotional crisis support in the United States, call or text **988**.

U.S. sources: MedlinePlus, Hyperventilation and Breathing difficulties - first aid; NCCIH, Relaxation Techniques: What You Need To Know. These sources do not validate this exact brief pause.