

MINDFUL BREATHING AT WORK

One Breath. Every Level. A Calmer, Sharper Company.

The science-backed practice quietly changing how frontline teams and C-suites handle pressure — in 60 seconds or less.



SWIPE TO LEARN THE TECHNIQUES →

WHY IT MATTERS

Pressure Doesn't Check Job Titles

From the warehouse floor to the boardroom, chronic stress shows up the same way: shallow, fast breathing that keeps the body locked in fight-or-flight. Mindful breathing is one of the few tools that works identically for everyone, costs nothing, and takes less than a minute.



FRONTLINE TEAMS

Faster reset between high-intensity tasks, fewer errors from fatigue, and steadier nerves during safety-critical moments.



LEADERSHIP & CEOs

Clearer decisions under pressure, better emotional regulation in high-stakes rooms, and a visible model for team culture.

TECHNIQUE 01



Box Breathing

HOW IT WORKS

Inhale 4 counts → hold 4 → exhale 4 → hold 4. Repeat for 4-5 rounds. Used by military and first responders to stay composed under acute stress.

CLINICALLY OBSERVED IMPACT

Controlled-breathing studies link this slow, paced pattern to reduced cortisol levels, lower heart rate, and improved attention and accuracy on cognitive tasks performed immediately afterward.

AT WORK

Use it in the 60 seconds before a high-stakes call, a safety incident response, or walking into a tense negotiation.



Diaphragmatic (Belly) Breathing

HOW IT WORKS

Breathe deeply into the belly rather than the chest, letting the abdomen expand on the inhale and fall on the exhale. Slows respiration rate naturally.

CLINICALLY OBSERVED IMPACT

Research shows this pattern increases heart-rate-variability (a marker of nervous-system resilience), lowers blood pressure, and shifts the body from sympathetic (“fight-or-flight”) to parasympathetic (“rest-and-digest”) dominance.

AT WORK

Ideal as a standing desk-break: 5 slow belly breaths between meetings to reset focus and lower physical tension.

TECHNIQUE 03



4-7-8 Breathing

HOW IT WORKS

Inhale quietly through the nose for 4 counts, hold for 7, exhale fully through the mouth for 8. Popularized by Dr. Andrew Weil as a rapid relaxation trigger.

CLINICALLY OBSERVED IMPACT

The extended exhale strongly stimulates the vagus nerve, which studies associate with reduced self-reported anxiety and faster onset of a relaxed, sleep-ready state.

AT WORK

Best used before high-pressure presentations or at day's end to help mentally close out work stress before heading home.



The Physiological Sigh

HOW IT WORKS

Two short inhales through the nose (the second sharper, topping off the lungs) followed by one long, slow exhale through the mouth. One to three rounds.

CLINICALLY OBSERVED IMPACT

Stanford-led research found this pattern is the fastest known way to lower physiological arousal in real time, reducing heart rate and reported stress more quickly than slow breathing or mindfulness meditation alone.

AT WORK

Use discreetly at your desk, mid-meeting, or right before you open a difficult email — no one has to know you're doing it.

TRY IT NOW

A 90-Second Meeting Reset

Before your next stand-up, 1:1, or board call — anyone at any level can run this:

1

Sit tall, feet flat.

Rest hands on your lap. Soften your jaw and shoulders.

2

Two rounds of box breathing.

Inhale 4 – hold 4 – exhale 4 – hold 4.

3

One physiological sigh.

Double inhale through the nose, then one long exhale out the mouth.

4

Set an intention.

One sentence: what you want this meeting to accomplish.

Result: a calmer nervous system, sharper focus, and a meeting that starts on purpose — not on autopilot.



Bring This Into Your Culture

Mindful breathing is a skill — it deepens with practice. If this resonated with you or your team, my guided breathing and meditation sessions walk you through these techniques step by step.

FREE GUIDED MEDITATIONS

insighttimer.com/danbena

Found this useful? Share it with someone whose job needs a breath. 📌