



# Find your calm in seconds



Feeling overwhelmed, stressed or anxious? Try the “physiological sigh” (also called “cyclic sigh”) breathing technique:

**1**

**Inhale twice through your nose**

First deeply to fill up your lungs, then quickly to top it off

**2**

**Exhale slowly through your mouth**

Breathe out until all of the air is released

**3**

**Repeat this a few times or up to 5 minutes until you feel calmer**

## Why it works

Most people take short, quick breaths when they're stressed out. This builds up carbon dioxide in the bloodstream, which can make you feel even more agitated.

By taking deep sighs and slow exhales, you help clear out the extra carbon dioxide and slow your heart rate, so you can feel soothing calm.

To learn more, visit [supportfinder.optum.com/YALESB](https://supportfinder.optum.com/YALESB)  
Sign in with your anonymous username.

### Sources:

University of Wisconsin-Madison. [CALS Wellness Committee tip: Manage stress with breathing techniques – eCALS](#). April 13, 2023.  
Stanford Medicine. [“Cyclic sighing” can help breathe away anxiety](#). February 9, 2023.  
Trauma Research UK. [The physiological sigh](#). November 2024.

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