
FOR FIRST RESPONDERS

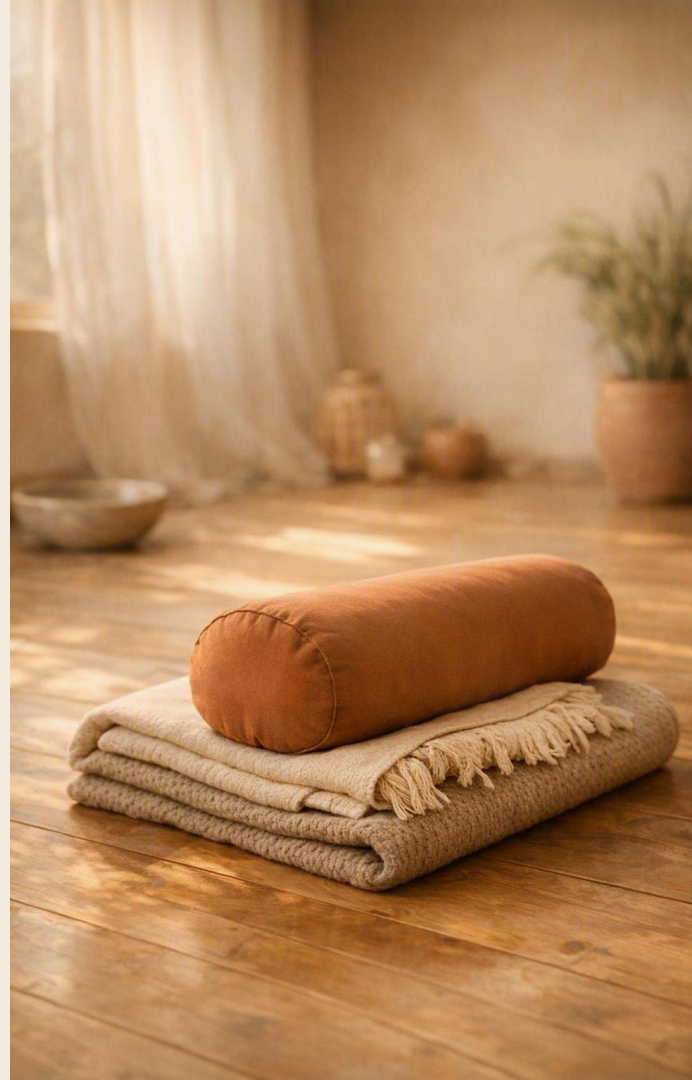
You carry what others run from.

Yoga therapy is a way to set it down — a practice that speaks directly to a nervous system that has been running on high for a long time. Not to fix you. To help your body remember it is safe.

Breathe. Slow, steady breath to settle the alarm.

Ground. Gentle movement to come back into your body.

Rest. Deep stillness, so recovery can finally happen.



BREATHING TOOLS

Start with the exhale.

Breath is the one part of the stress response you can take hold of directly. Slow it down and the body starts to read the situation as over. These four tools take anywhere from ten seconds to ten minutes, and none of them need a mat, a quiet room, or anyone else knowing that you are doing it.

Extended exhale. The fastest way down from high alert.

Box breathing. Steady focus when you still need to be sharp.

Physiological sigh. Two breaths to take the edge off, right now.

Resonant breathing. A daily practice that lifts your baseline.



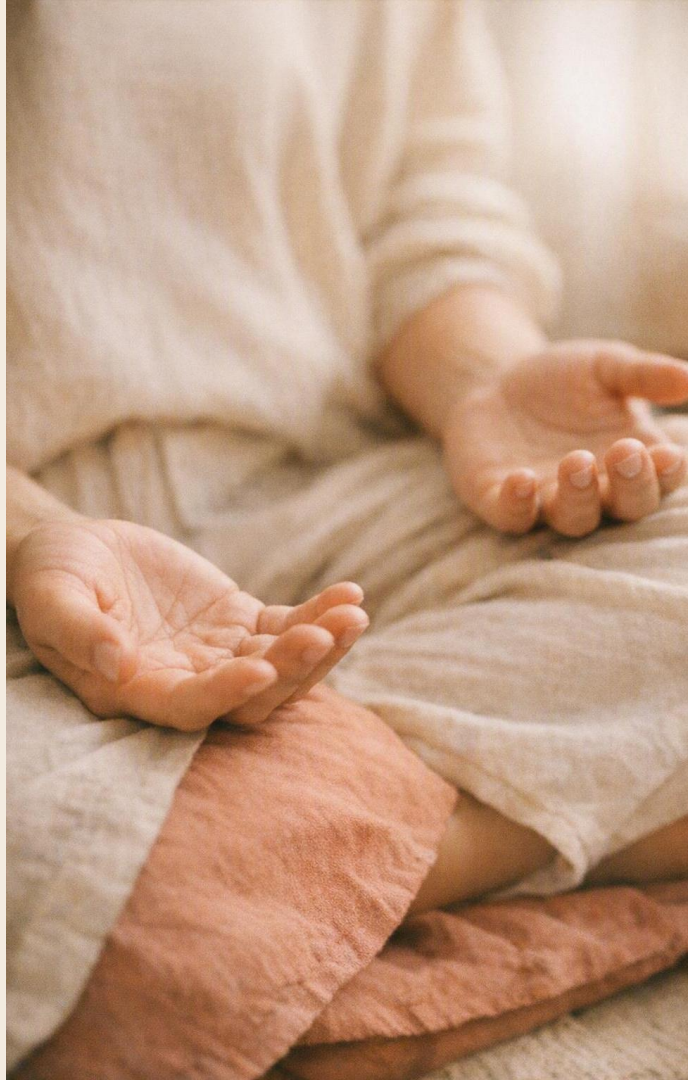
TOOL ONE

The extended exhale

When the out-breath is longer than the in-breath, the body shifts out of alarm and toward recovery. This is the quickest way down, and it works while you are still standing at the scene.

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- 1 Breathe in through your nose for a count of four.
 - 2 Breathe out through your mouth for a count of six.
 - 3 Keep it quiet and low, moving the belly rather than the chest.
 - 4 Carry on for two minutes, or about ten rounds.

Use it when you are coming off a call and still running hot.



TOOL TWO

Box breathing

Equal counts on all four sides. It is taught widely in tactical and military training because it settles you without dulling you — you come down while staying alert and clear.

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- 1 Breathe in through your nose for a count of four.
 - 2 Hold, without straining, for four.
 - 3 Breathe out through your nose for four.
 - 4 Hold empty for four, then begin again. Five rounds.

Use it when you need to be steady and sharp: before a call, or in the rig.



TOOL THREE

The physiological sigh

Two inhales stacked one on the other, then a long release. It is a pattern the body already knows — it is what happens when you cry, or as you fall asleep — and it can take the edge off in a single breath.

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- 1 Breathe in through your nose until the lungs feel full.
 - 2 On top of that, take a second short sip of air in.
 - 3 Let it all go slowly through your mouth, long and unhurried.
 - 4 One to three rounds is plenty. Notice what changed.

Use it when something lands hard and you have ten seconds.



TOOL FOUR

Resonant breathing

Around six breaths a minute — slower than usual, and effortless once you find the rhythm. Done daily, it works on your resting baseline, so less of the shift stays in your body afterwards.

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- 1 Breathe in gently through your nose for a count of five.
 - 2 Breathe out gently through your nose for five.
 - 3 No holding and no forcing. It should feel easy.
 - 4 Five to ten minutes, once or twice a day.

Use it when you are off shift. This one is a practice, not a rescue.



MAKING IT STICK

Small, often, and before you need it.

These tools work best when they are already familiar. Practising while you are calm is what makes them available when you are not. Pick one, attach it to something you already do, and give it two weeks.

Anchor it. Same moment each day, after the rig check.

Start small. Two minutes counts. Ten you never do does not.

Stay patient. The change shows up in your baseline.

Ask for help. If something feels too big, use peer support.

