

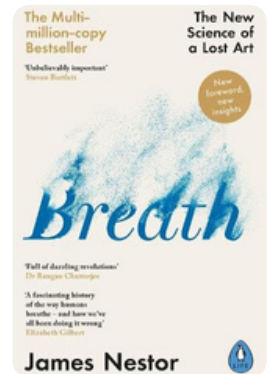
How to use intentional breathing for energy and impact

We take around 20,000 breaths a day but most of them happen on autopilot.

Intentional breathing is a small habit that can make a big difference to how you perform at work - especially in busy, high-pressure weeks. It can help your stress levels, energy, clarity and even how you show up in conversations.



Deeper dive



Explore more

3 moments where breathing can help

Your mind is racing before speaking

Take one long, slow exhale through your mouth for 4–6 seconds before you begin.

Why: A slow exhale reduces cortisol and relaxes your vocal cords, helping you start calmer - rather than rushing in with adrenaline.

You're feeling overwhelmed

Try a quick inhale through your nose and slow exhale through your mouth (and repeat).

Why: Stress creates shallow breathing that restricts the brain's logic and perspective; this exercise helps you reset so you can refocus.

Emotion is getting in your way

Use the Stanford physiological sigh: inhale → top-up inhale → long slow exhale.

Why: Strong emotion spikes your heart rate and narrows your thinking. This sigh helps lower the intensity so you can stay clear and present.

AI prompt to try

"I'm [Insert your situation e.g. on my way to deliver a presentation] and I want to show up in a way that's present and calm. Can you give me three different breathing exercises to try and explain why it works?"