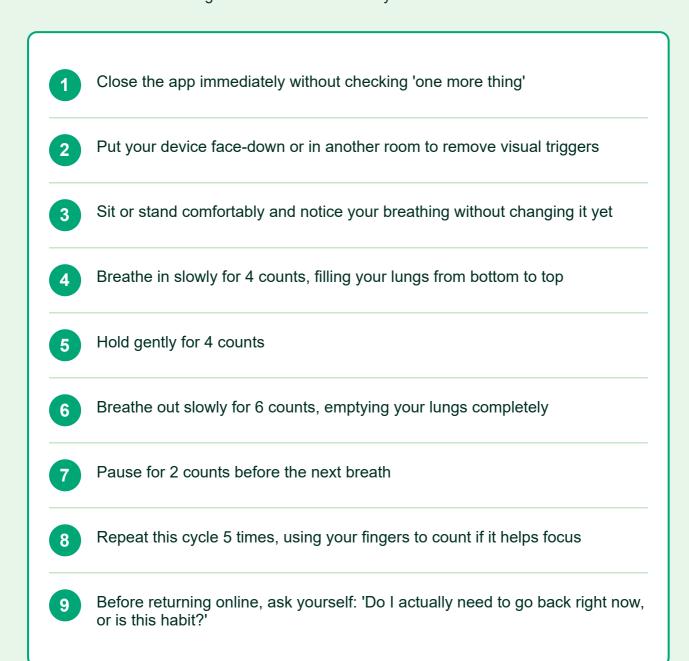


Breathwork Reset: Two-Minutes

A quick reset to help your nervous system calm down after negative content exposure

Use this reset whenever you notice you've been caught in a harmful scroll pattern. It only takes 2 minutes and can make a significant difference to how you feel.



The Breathing Pattern:

Breathe IN for 4 counts \rightarrow HOLD for 4 counts \rightarrow Breathe OUT for 6 counts \rightarrow PAUSE for 2 counts

Why this works:

The extended exhale activates your parasympathetic nervous system, counteracting stress responses. The counting gives your mind concrete focus, breaking rumination loops.

More resources from Digital Safety Squad™:

- How to Create Healthy Family Technology Rules
- How to Talk to Your Kids About Online Safety
- Best Parental Control Apps in 2025
- <u>Digital Safety Squad | Family Safety Hub</u>

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Source: digitalsafetysquad.com/ai-mental-health