



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.

- 1 Close the app immediately without checking 'one more thing'
- 2 Put your device face-down or in another room to remove visual triggers
- 3 Sit or stand comfortably and notice your breathing without changing it yet
- 4 Breathe in slowly for 4 counts, filling your lungs from bottom to top
- 5 Hold gently for 4 counts
- 6 Breathe out slowly for 6 counts, emptying your lungs completely
- 7 Pause for 2 counts before the next breath
- 8 Repeat this cycle 5 times, using your fingers to count if it helps focus
- 9 Before returning online, ask yourself: 'Do I actually need to go back right now, or is this habit?'

The Breathing Pattern:

Breathe IN for 4 counts → HOLD for 4 counts → Breathe OUT for 6 counts → PAUSE for 2 counts

Repeat 5 times

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](#)
- [Digital Safety Squad | Family Safety Hub](#)

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