

Why Breathwork Feels Impossible

I felt like a terrible coach last week.

One of my clients was getting really frustrated with learning breathwork because her mind wouldn't slow down and she'd overthink if she was doing it right.

When she told me she didn't think it was for her, I realized I never explained the 3 bad habits that make starting harder than it needs to be.

All it took was a simple walkthrough of the 3 things below, and she was able to see improvement within the day.

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Breathwork doesn't have to be an impossible thing that adds more stress than it relieves.

Just use these tips from someone who's been a beginner and now uses breathwork to stay mindful and balanced every day!

The 3 Habits to Avoid

Starting in a bad headspace

The first bad habit that makes learning harder is trying to force your way through a session with a busy and overwhelmed mind.

The goal of breathwork is to regulate your nervous system, reduce stress, and bring your mind and body into balance.

But if your mind is really wild or busy, it can be hard to settle into that space.

This is a frustrating problem when learning breathwork, but it actually only takes a couple of minutes to overcome.

For me, it's as simple as just laying on the ground and allowing my body to relax.

I focus on my body and relaxing different parts of it before I even get into breath work.

Because so often we can hold tension in the body, and then bring that into the breath work session that we are doing without even realizing.

So putting yourself in a really relaxed state before you even get to the breathwork helps amplify the benefits and the experience of the breathwork.

Letting uncertainty overwhelm you

The second bad habit is getting stuck in your head by wondering if you are doing it right.

The main goal of breathwork is to come back to your breath and your body.

By letting your mind dominate your sessions, it blocks the benefits you're supposed to be getting from actually occurring.

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There are countless breathwork techniques and styles, which gets overwhelming as a beginner because you're wondering if you've picked the right one and if you're doing it right.

So here is the simple 2-part framework I use and teach to overcome this:

Part 1: Understand Your Intention.

Your reason for doing breathwork, plus what you want to get from it, is what matters first and foremost.

Keeping these two things present keeps you rooted in your purpose and direction.

Part 2: Choose a Beginner-Friendly and Intuitive Technique.

Because most breathwork is fairly straightforward and simple,

It's really just experimenting with different breathwork patterns,

And then sticking with the one that resonates with you and knowing that you're doing it right.

I'd recommend choosing between these two:

- Box Breathing
- 4-7-8 Breathing

Box Breathing is simply:

1. Inhale slowly and gently for **4 seconds**
2. Hold your breath, feeling it settle, for **4 seconds**
3. Exhale fully and smoothly for **4 seconds**
4. Pause softly for **4 seconds** before the next round

While 4-7-8 Breathing is simply:

1. Inhale quietly through your nose for **4 seconds**
2. Hold your breath for **7 seconds**
3. Exhale completely through your mouth for **8 seconds**

Both of these patterns are beginner friendly and only take 2-3 minutes each!

Following this established framework helps you know you're doing it right and overcome any uncertainty.

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Graphic:

Back in 2022,

I booked a one-way ticket to Mexico

That ended up being a 5-month-long trip

Check out the full story (where I went, why I went, and how it changed me) on my podcast!

Listen Now! (button)

Giving Up Too Soon

The third bad habit is expecting results too quickly and not staying consistent.

As a beginner, breathwork can feel uncomfortable because it's new.

Your mind might be really busy, or it might be hard to relax and settle into your body, which makes it feel like it's not working.

But the more that you show up, the quicker you start to see benefits long term as you compound every session of breath work that you do.

Think about it like this: or split up text img

Breathwork is essentially reconnecting and reconnecting with your body and training it to relax and regulate.

This is something that takes time to do.

If you only do it a handful of times, you're not going to notice a benefit.

Give it some time and be consistent with the breathwork.

PRO TIP: You can speed up this process by doing your breathwork sessions in the same place every time.

This helps your mind begin to associate that place with breathwork and the calm that comes with it, allowing you to reach your "flow state" that much quicker.

Conclusion

Breathwork is meant to help you feel more balanced and aligned, not overwhelmed.

If you've been struggling to learn breathwork, and notice yourself doing any of these bad habits:

1. Starting in a bad headspace
2. Letting uncertainty overwhelm you
3. Giving up too soon

Use these 3 tips to overcome them:

1. Calm your body first, so your mind can follow
2. Focus on your intention and pick a simple technique
3. Be consistent and give yourself time to see results

All it took for my client was putting these tips into practice, and she was able to see immediate improvement.

Learning is much more fun when you get positive results, so make sure not to make these mistakes so your effort actually pays off!

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Done feeling disconnected and overwhelmed?

The right system changes *everything*

Try step 1 of my ARC method **free**!

The ARC method is my framework for turning your struggles into strengths.

It comes from my own experience of working through my trauma and becoming stronger because of it.

Accept, Release, and Create.

Using this proven framework helps you avoid feeling overwhelmed with uncertainty, mistakes, and wasted effort.

Would there be any reason why trying step 1 for free is a bad idea?

Watch Step 1 Now! (button)