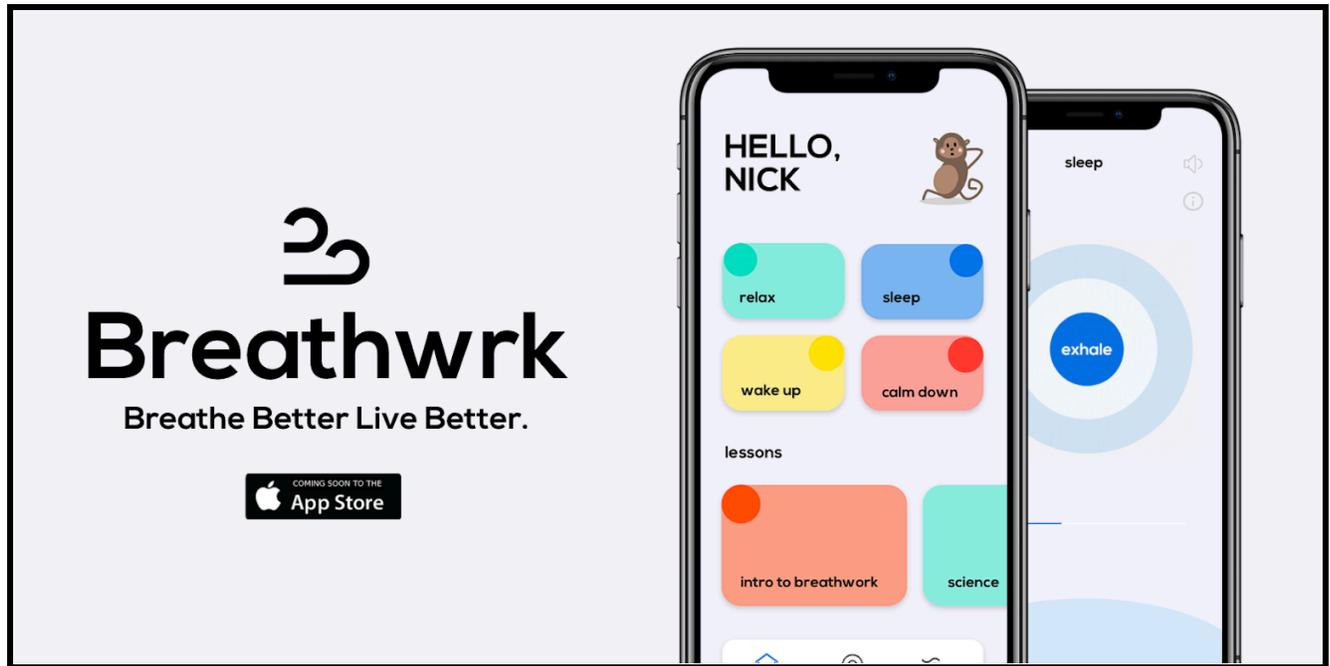




# Breathwrk: A Tool for Mental Wellness and Daily Calm



**Breathwrk** is a breathwork exercise app available for both iOS and Android mobile devices. It offers a variety of guided breathing techniques designed to help you destress, sleep better, boost your energy, and feel more balanced. Whether you're winding down at night or looking for a quick midday refresh, Breathwrk makes breathwork simple and effective.

The app features hundreds of exercises and classes, habit tracking, custom reminders, lung score and exhale tests, and more. Its visual guides show you exactly when to inhale and exhale, making it easy to follow along—even if you're new to breathwork. There are beginner-friendly lessons to help you get started, and the app's clean design makes it accessible for users of all ages.

Breathwork isn't just beneficial for adults—it can be especially helpful for kids dealing with stress or anxiety, particularly with the school year starting up

again. Learning to breathe with intention can help children regulate their emotions and feel more in control throughout the day.

Breathwrk offers a free trial, but ongoing use requires a subscription. If you're looking for free alternatives, try **Pocket Breath Coach**, an ad-free app with several types of breathing exercises, or **Medito**, a meditation app that includes guided breathwork sessions. For those interested in boosting focus and energy, the **Wim Hof Method: Breathwork** app teaches an invigorating technique to activate your nervous system and enhance mental clarity.

No matter which app you choose, building a breathwork habit can lead to lasting improvements in your mental and physical health. A few minutes of intentional breathing each day can go a long way toward reducing stress, improving focus, and supporting overall well-being.

---

### Box Breathing Method:

- 1) Inhale 4-seconds
- 2) Hold 4-seconds
- 3) Exhale 4-seconds
- 4) Hold 4-seconds
- 5) Repeat

Start with 3 rounds.

