BLISS Careers

Unlocking Peace

Simple Tools for Stressful Times

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."

-Buddha

Breathwork & Meditation

These four simple techniques will help you shift from stress and anxiety to relaxation and clarity.

Recommended Uses:

- Before an interview
- Before a presentation or high-stakes conversation
- Anytime you need to reset and relax

01. Diaphragmatic Breathing

02. Box Breathing

03. 4-7-8 Breathing

04. Mindfulness Meditation

DIAPHRAGMATIC BREATHING

Also known as deep breathing, this technique encourages full, efficient breaths by engaging the diaphragm.

THE SETUP

01 Sit comfortably with your back straight. Relax your shoulders and neck.

02 Close your eyes or keep them softly open with a gentle focus.

THE PRACTICE

01 Place a hand on your chest and the other on your abdomen to feel the movement.

02 Exhale fully.

03 Inhale slowly through your nose, allowing your abdomen to expand.

04 Exhale gently through your nose or mouth, feeling your abdomen naturally contract.

05 Repeat for 3–6 cycles, then return to your natural breath.

BOX BREATHING

This technique follows a structured pattern of equal-length inhales, holds, and exhales to regulate breathing and calm the nervous system.

THE SETUP

01 Sit comfortably with your back straight. Relax your shoulders and neck.

02 Close your eyes or keep them softly open with a gentle focus.

THE PRACTICE

01 Exhale fully.

02 Inhale through your nose for 4 seconds.

03 Hold for 4 seconds.

04 Exhale through your nose or mouth for 4 seconds.

05 Hold for 4 seconds.

06 Repeat for 3–6 cycles, then return to your natural breath.

4-7-8 BREATHING

A rhythmic breathing pattern that promotes relaxation and reduces stress.

THE SETUP

01 Sit comfortably with your back straight. Relax your shoulders and neck.

02 Close your eyes or keep them softly open with a gentle focus.

THE PRACTICE

01 Exhale completely.

02 Inhale quietly through your nose for 4 seconds.

03 Hold your breath for 7 seconds.

04 Exhale slowly through your mouth for 8 seconds.

05 Repeat for 3 cycles, then return to your natural breath.

MINDFULNESS MEDITATION

This practice centers your awareness on the present moment, helping you cultivate focus and calm.

THE SETUP

01 Set a timer for 2–5 minutes.

02 Sit comfortably with your back straight. Relax your shoulders and neck.
Close your eyes or keep them softly open with a gentle focus.

THE PRACTICE

01 Bring your awareness to your natural breath.

02 Notice the sensation of air passing through your nostrils as you inhale and exhale.

03 If your mind drifts, gently guide your focus back to your breath.

04 When the timer ends, slowly open your eyes and return to your natural breath.

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Managing stress is just one part of creating a fulfilling career.

At Bliss Careers, we help professionals align their careers with their skills, goals, and values—while building confidence every step of the way.

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