

# Breathing with the Elements Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This exercise helps calm the nervous system by synchronizing your breath with natural rhythms such as wind, water, or moving leaves. It supports emotional regulation and distress tolerance by shifting attention from internal overwhelm to external flow.

## When to Use This

- During stress, anxiety, or emotional intensity
- When feeling overwhelmed or dysregulated
- As a daily grounding or centering practice

## Step 1: Find Your Element

Choose a natural rhythm to focus on:

- Wind moving across your skin or through trees
- Ocean waves (real or imagined)
- Leaves or branches swaying
- Clouds drifting across the sky

My chosen element is: \_\_\_\_\_

## Step 2: Observe the Rhythm

Spend a moment simply watching or feeling the movement.

Describe the rhythm you notice (slow, fast, gentle, steady, irregular):

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## Step 3: Match Your Breath

Begin to gently align your breathing with the natural rhythm. Inhale as the element rises, swells, or moves toward you. Exhale as it falls, recedes, or moves away

Continue for about 1–3 minutes.

## Step 4: Adjust for Comfort

Let your breath stay natural. Do not force it. If the rhythm is too fast for comfort, slow it down internally. If it's too slow, find a comfortable pace that's natural for you.

## Step 5: Notice the Shift

After a few minutes, check in with yourself.

What do I notice in my body?

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What do I notice emotionally?

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Intensity level (0–10) before: \_\_\_\_\_

Intensity level (0–10) after: \_\_\_\_\_

## Optional Anchor Phrase

Silently repeat with your breath:

“In... and out...”

“Rising... falling...”

“I’m breathing with the rhythm...”

Or find a phrase that works best for you to help match your breathing to the natural element.

My phrase: \_\_\_\_\_

## Practice Note

Nature’s rhythms are steady, patient, and non-judging. By aligning your breath with them, your body can relearn a sense of balance and ease. Observing and describing a rhythmic natural element while breathing helps to bring you into the moment.