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— ADVANCED PEDIATRIC CARDIOLOGY —

HEART RHYTHM REGULATION EXERCISES

RHYTHMIC BREATHING FOR A CALM, BALANCED HEART

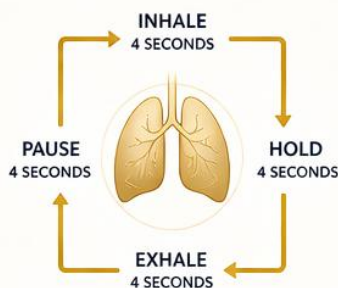
These exercises use rhythmic breathing to send calming signals to your nervous system, helping shift your heart from a stress-related irregular pattern to a more balanced and coherent rhythm.



1

BOX BREATHING

Used in high-stress environments to calm the body and mind.



Inhale: Breathe in slowly through your nose for 4 seconds.



Hold: Hold your breath for 4 seconds.



Exhale: Breathe out slowly for 4 seconds.



Pause: Wait 4 seconds before the next breath.

Repeat for at least 4 cycles.

2

COHERENCE BREATHING

One of the most effective techniques for heart rhythm coherence and emotional balance.



✓ Sit comfortably and place your hand over your heart.

✓ Breathe slowly:
5 seconds inhale • 5 seconds exhale (no breath holding)

✓ Imagine the breath flowing in and out of your heart.



Enhance the effect by recalling a positive memory or feeling gratitude. This emotional state helps create a smooth, wave-like heart rhythm.

3

LONG EXHALE TECHNIQUE (THE CALM BREATH)

Ideal for quickly calming a fast or racing heartbeat.



✓ Take a short inhale (about 2 seconds).

✓ Make your exhale longer (4–6 seconds).

✓ A longer exhale activates the vagus nerve, which slows the heart rate and promotes relaxation.



Longer exhale = More calm
Stronger vagus nerve activation

WHEN TO USE THESE EXERCISES



Before making important decisions



During stress or chest tightness



When experiencing palpitations or anxiety



Before sleep to improve rest quality



During work breaks to reduce stress



IMPORTANT MEDICAL NOTE

These exercises are helpful for stress-related heart rhythm changes, but they do not replace medical evaluation if you experience:

• Frequent or persistent palpitations

• Dizziness or fainting

• Chest pain

• Known heart conditions



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Compassionate Care. Advanced Expertise. Healthier Hearts.

