

Before you press play

Comfortable Breathing Checklist

A practical companion to Vagus Nerve Exercises: Breathing, HRV and Evidence. You do not need to hit a breathing target to make a useful pause.

My starting conditions

- ☐ I am in a safe place, with comfortable support.
- ☐ I am not driving, operating equipment or in water.
- ☐ I can stop the audio easily.
- ☐ I can keep my eyes open and look around.
- ☐ I understand that a cue is optional.
- ☐ I will keep following any existing advice from my clinical team.

A brief first observation

Notice one ordinary breath without deliberately slowing it. Then notice one object in the room. Decide whether you want another moment of observation or would prefer an ordinary break. If you choose a cue, let it remain gentle. There is no need to take the biggest breath possible, empty your lungs fully or hold your breath to keep up.

My reason for trying this

A place where I can pause safely

Stop and seek help appropriately

Stop if dizzy, tingly, faint, unusually breathless or distressed. Return to usual breathing and rest safely. Recurrent or persistent symptoms need medical advice. Severe breathing difficulty, chest pain, collapse or sudden confusion calls for emergency help. A relaxation exercise must not delay help. See the safety sources on page 2.

After the pause

Record the experience, not a diagnosis

Question	My note
What did I choose: ordinary breathing, a cue or another kind of break?	
Did it feel easy, uncertain or uncomfortable?	
What did I notice?	
Would I keep, change or stop this approach?	

Three checks on a health claim

- ☐ Does the claim distinguish feeling different from measuring a physiological change?
- ☐ Does it describe who was studied and what the comparison was?
- ☐ Does it avoid treating a wearable score as a diagnosis or proof of nerve repair?

A useful sentence: "The cue felt comfortable while I was sitting." A claim needing different evidence: "The cue repaired my vagus nerve."

Would a reusable structure help?

Breathing Practice Companion combines three guided tracks, full transcripts, a fourteen-session journal and a measurement card. Explore the companion in Avonoria's Natural Medicine collection.

[Read the Avonoria article](#) for the background. This checklist is free without joining a marketing list. It is general education, not individual advice or treatment.

Safety reading: [NHS breathing guidance](#) and [NHS shortness of breath guidance](#).