Nook · Free natural-breathing prompt card

A breathing pause

A scripted, non-AI pause for adults. Choose somewhere safe. Don’t use this while driving or doing anything that needs your attention. There’s nothing to write down.

Breathe comfortably and naturally. No deep breaths, breath holds, set rhythm, count, or timer are needed. Stop if you feel uncomfortable. You don’t need to finish.

Let your breathing be comfortable

Notice one breath coming in and going out, if that feels okay. Let it happen naturally. There’s no need to make it deeper or slower.

Keep breathing continuously. You don’t need to hold your breath or match a count.

Stay with your own rhythm

If you’d like, notice a few more comfortable breaths. Let each breath come and go at its own pace.

Let your attention return

Let your breathing carry on naturally. Notice an ordinary detail around you, such as a colour or the surface beneath your feet.

Finish whenever you choose. There’s no particular feeling to aim for.

If focusing on breathing isn’t comfortable, stop. You can try sensory grounding instead: https://nook.brainer.one/grounding.

Self-help, not therapy or emergency care. If you’re in immediate danger, contact local emergency services. Nook cannot monitor you or send help.

Guided pause: https://nook.brainer.one/breathing
Scope & human support: https://nook.brainer.one/scope#urgent-support
Contact: nook@brainer.one (not urgent support)

Scan for guided breathing