

**From Name:** Breethe

**Subject Line:** Welcome to Breethe, Sophia!

**Preheader Text:** We're excited to help you with your mindfulness mission.

Hi Sophia!

Thank you for signing up for Breethe! We're glad you're here!

We know hump days can be difficult, so every Wednesday, our team of hypnotherapists, mindfulness experts, and meditation teachers will send you tips for refocusing, recentering, and reconnecting with your mind and spirit to help you gather the inner strength and serenity to take on your day.

So take a second, have a stretch, and just Breethe.

In mindfulness,

Lynne Goldberg

*Breethe, Lead Meditation Teacher & Co-Founder*

**From Name:** Breethe

**Subject Line:** Have you taken a moment to meditate today, Sophia?

**Preview text:** Here are some tips to help you get started with the Breethe app.

Hi Sophia!

Meditating seems like a big commitment, but it doesn't have to be.

Meditation can be as simple as regulating your breathing, quieting your thoughts, and reconnecting with yourself in the present. The next time you're feeling overwhelmed, spend a few minutes meditating with these grounding techniques:

**Box Breathing:** Box breathing can help calm your nervous system and reduce anxiety. Start by sitting in a chair with your back supported and your feet flat on the floor. Take a deep breath in for a count of four seconds, hold your breath for four seconds, then slowly exhale for a count of four seconds. Pause for four seconds before breathing in for four seconds and repeating the cycle.

**5-4-3-2-1:** The 5-4-3-2-1 mindfulness technique counteracts your [fight-or-flight response](#). The technique uses the five senses to help you focus on the present moment and recenter yourself. Start by identifying five things you can see, then identify four things you can hear. Next, identify three things you can feel and two things you can smell. Lastly, identify one thing you can taste.

The Breethe app's meditation and wellness exercises can guide you through these and many other mindfulness techniques to help you build a wellness routine.

[CTA Button: "Build your wellness routine today"]

Do you use any other mindfulness techniques to recenter yourself? Reply to this email to share your favorite ways to meditate and calm anxiety.

In mindfulness,

The Breethe Team