

The 3-Minute Breath Reset™

A science-backed micro-practice system to improve focus, regulate stress, and sustain performance — in real time.

Modern workplaces demand sustained cognitive output, emotional regulation, and resilience under pressure.

Most wellbeing initiatives are too time-intensive or disconnected from the actual workday.

This is different.

The 3-Minute Breath Reset™ is a structured series of short, guided breathwork practices designed to fit seamlessly into the flow of work — between meetings, before presentations, or during high-pressure moments.

Grounded in **autonomic nervous system science, HRV research, and high-performance training models**, these tools help employees regulate physiology quickly and effectively — without disrupting productivity.

Why This Works

Short, controlled breathing practices directly influence:

- Nervous system regulation
- Heart rate variability (HRV)
- Cognitive clarity and focus
- Emotional stability under pressure

When applied consistently, this creates measurable shifts in how people **think, respond, and perform at work**.

What's Included

A suite of **six guided 3-minute breathwork practices**, each targeting a specific workplace state:

- Calm anxiety
- Stabilise stress under pressure
- Improve focus and cognitive clarity
- Reset an activated nervous system
- Restore mental balance
- Prepare for high-performance moments

Each tool is simple, repeatable, and immediately applicable.

The 6 Breathwork Tools

1. Calm & Presence

Coherence Breathing (5:5 rhythm)

Regulates the nervous system and supports emotional stability through paced breathing.

Used for:

Before meetings, after stress, during overwhelm

2. Stabilise Stress Under Pressure

Deep Breaths + Exhale Hold

Discharges excess tension while maintaining alertness and performance capacity.

Used for:

High workload periods, emotional intensity, sustained output

3. Clear Mind & Focus

Box Breathing (4-4-4-4)

Enhances concentration and reduces mental noise through structured breath control.

Used for:

Presentations, complex tasks, task-switching

4. Reset an Anxious Nervous System

Extended Exhale Breathing

(Inhale 4/Exhale 6 → Inhale 6/Exhale 8 → Inhale 8/Exhale 10)

Activates parasympathetic response and reduces physiological stress.

Used for:

Anxiety, overwhelm, high-pressure environments

5. Presence & Cognitive Balance

Alternate Nostril Breathing

Supports balanced attention and mental clarity.

Used for:

Resetting focus, transitioning between tasks, long workdays

6. Pep Up & Performance State

Superman Breath (Posture + Diaphragmatic Breathing)

Improves energy, confidence, and readiness for performance moments.

Used for:

Presentations, leadership moments, fatigue

Delivery Options

Flexible formats to suit different organisations:

Digital Micro-Learning Series

Short, guided videos integrated into internal wellbeing platforms.

Live Workplace Session

30–45 minute workshop introducing the tools with guided practice.

Hybrid Model

Live session + ongoing access to the full video library.

Outcomes for Organisations

Evidence-informed breathwork practices are associated with:

- Improved stress resilience
- Enhanced emotional regulation
- Increased focus and cognitive performance
- Reduced physiological stress responses
- Better overall workplace wellbeing

Micro-practices are particularly effective because they are **easy to implement, highly scalable, and require minimal time investment.**

The Evidence

Controlled breathing techniques influence the autonomic nervous system through interactions between respiration, heart rate variability, and vagal tone.

Key findings include:

- Slow breathing (~5–6 breaths/min) improves HRV and autonomic regulation
- Extended exhales activate parasympathetic calming responses
- Structured breathing enhances emotional control and stress resilience
- Breath regulation reduces physiological markers of stress and anxiety

About Emma Park

Emma Park is a **Functional Nutritionist & Psychotherapist** specialising in integrative, physiology-based approaches to mental health and performance.

Her work combines:

- Clinical nutrition
- Nervous system regulation (breathwork)
- Trauma-informed psychotherapy

She works with individuals and organisations to create **sustainable, high-impact change — from the inside out.**

Enquire

To bring The 3-Minute Breath Reset™ into your organisation:

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