



5 MINUTES TO CALM STARTS HERE

THE 5-STEP  
BREATHWORK  
SET-UP CHECKLIST

A daily guide to prepare your body, mind, and space  
for deeper relaxation, better sleep, and  
and effortless calm.

A Holistical Method™ Resource by Angel Dimitrov.

# The 5-Step Breathwork Set-Up Checklist

by Angel Dimitrov | Holistical Method

## Create the Perfect Space for Instant Calm

### Welcome

Thank you for joining the 5-Minute Calm community!  
Use this checklist every day before your practice to guarantee a successful,  
stress-free session.

### Why Set-Up Matters

Your environment profoundly influences your Nervous System. Taking 60 seconds to set up correctly helps signal safety to your brain, making the Cyclic Sighing technique dramatically more effective at reducing anxiety and promoting sleep.

# **The Physical Environment (Checklist)**

## **1. Choose Your Posture**

Select your comfortable position:

Lying down (Supine), sitting in a chair (feet flat on the floor), or sitting cross-legged. Avoid strain.

## **2. Eliminate Interruptions**

Silence all devices (phone on 'Do Not Disturb' or Airplane Mode). Turn off notifications and set an "Out of Office" if needed.

## **3. Temperature & Comfort**

Ensure the room temperature is neutral or slightly cool. Use a light blanket or pillow if lying down, but keep it loose.

## **4. Lighting**

Dim or turn off overhead lighting. Opt for a softer light source (e.g., a candle, salt lamp, or low-wattage lamp) to signal relaxation.

## **The Mental Preparation (Pre-Session Focus)**

### **5. Gentle Transition**

Take two minutes before starting the practice to simply sit and notice your physical sensations. This helps bridge the gap between busy life and focused breathing.

### **6. Hydration**

Keep a glass of water nearby to sip immediately after the practice.

### **7. Final Release**

Gently shake out your hands and neck, rolling your shoulders once to release any residual tension before closing your eyes.

# Next Steps on Your Healing Journey

## Make It a Habit: The Challenge

Ready to lock in the habit? Join the 7-Day Guided Breathwork Challenge—a simple, email-based program with personalized routines and daily tips to fast-track your anxiety relief.

## Deep Dive: Beyond the Breath

To truly heal the root causes of your stress and sleep challenges, dive into our full guides on the site.

## Connect for More Science

Follow me on YouTube and where I separate hype from high-ROI habits with evidence-based deep dives.

*With love,*

*Angel*



*Start with the 5-Step Breathwork Set-Up Checklist.*