

BREATHE

Meaning: To inhale and exhale air, typically as a vital function of living organisms.

1. It's important to take a moment to breathe deeply when you're feeling stressed.
2. She struggled to breathe after running up the steep hill.
3. The doctor reminded him to breathe steadily during the exam.
4. As the sun set, they paused to breathe in the fresh evening air.
5. He told her to breathe through her nose and exhale slowly.
6. The yoga instructor encouraged everyone to breathe with intention.
7. After the long hike, they sat down to breathe and enjoy the view.
8. When you meditate, it's essential to focus on your breath and breathe calmly.
9. You could hear the waves crashing as the ocean air filled her lungs, making her feel alive with every breath she took.
10. Inhale deeply and then release the tension as you breathe out.
11. It's important to breathe deeply during moments of stress.
12. She took a moment to breathe in the fresh mountain air.
13. After the long run, he struggled to breathe properly.
14. Inhale slowly and then exhale to help calm your mind.
15. The doctor reminded her to breathe slowly during the procedure.
16. He paused to breathe, collecting his thoughts before speaking.
17. When you feel overwhelmed, take a step back and breathe.
18. Children naturally know how to breathe freely and without tension.
19. It's amazing how a few minutes of focused breathing can reduce anxiety.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/breathe>