

# OUTBREATHE

*Meaning: Outbreathe: to release or expel breath in a way that helps to alleviate stress or anxiety.*

1. Outbreathe the tension of the day by focusing on your breath.
2. As she meditated, she learned to outbreathe her worries and embrace peace.
3. In yoga class, we were taught to outbreathe our fears and anxieties.
4. He took a deep breath, determined to outbreathe the negativity surrounding him.
5. With every exhale, she felt she could outbreathe the weight of her past.
6. In a moment of sheer panic, she managed to outbreathe the rush of anxiety that threatened to overwhelm her.
7. The deep meditation session allowed him to outbreathe the stress accumulated over the week.
8. During the race, he focused on his rhythm, determined to outbreathe his competitors and secure the lead.
9. As the music swelled, the dancers seemed to outbreathe the very essence of the performance itself.
10. In her quest for tranquility, she learned to outbreathe her worries with each mindful exhale.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/outbreathe>*