



HUSH

SIXTY SECONDS.
THREE BREATHS.
ONE SETTLED MIND.

A breath practice that fits
inside a minute.

Shake your phone, watch silver
dust burst and swirl inside a
snowglobe, and breathe while
it settles. When the dust comes
to rest, a line from a marginalized
voice closes the practice.
Then you go back to your day.



LIVE APP
hush.aidedeq.org



BUILT BY
aidedeq.org



SHAKE TO START

Shake (or tap) to start.
Shake again to end early.



TILT-RESPONSIVE

Glitter knows which
way is down.



GUIDED BREATH

On-screen cues
pace your breath.



CLOSE WITH A VOICE

A line from a marginalized
voice to carry with you.



REAL PHYSICS

No chrome. Full-screen
particle world.

CHOOSE YOUR MODE



SILVER · DAILY RESET

5 in, 7 out, five cycles.
The breath of letting go.
Soft lake water and a
singing bowl.



GOLD · GROUNDED FOCUS

Box breathing, 5 in, 5 hold,
5 out, 5 hold, three cycles.
Used by Navy SEALs,
clinicians, and athletes.



RAINBOW · JOY & OPENING

Coherent breathing at six breaths
per minute, the body's resonance
frequency. Handpan music.



Every mode is backed by peer-reviewed research.
Tap ⓘ to read the studies.

CLOSE WITH A VOICE



246 curated quotes from Black, Indigenous,
Latine, Asian, SWANA, disabled, LGBTQ+ writers,
youth voices, and ancient wisdom traditions.



Originals, honored. Haiku masters close in
their own words, like Bashō's 古池や蛙
飛びこむ水の音.



With Gratitude to the Voices Held Here honors
all 115 voices.



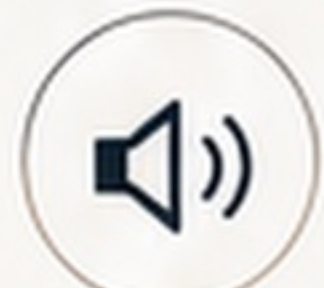
Optional narration reads the closing quote
aloud, in the quote's own language.
Off by default.

EVERY SETTING, AT A GLANCE



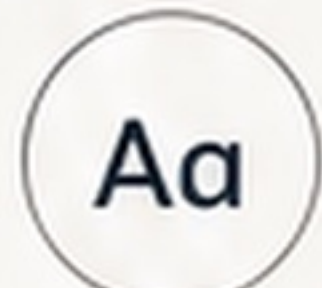
MODE

Silver · Gold
Rainbow
Default: Silver



AUDIO

On · Off
Default: On



DISPLAY

Words · Countdown
Silent
Default: Words



LANGUAGE

English · Nederlands
한국어 · Español
日本語
Default: Your device
language



NARRATION

On · Off
(reads closing quote)
Default: Off



APPLE HEALTH

On · Off
(Mindful Minutes)
Default: Off

- ✓ Shake or tap to start. Shake to end early.
- ✓ Tilt-responsive glitter.
- ✓ Respects system Reduced Motion.
- ✓ VoiceOver support and accessibility.
- ✓ Haptic breath rhythm on iOS.
- ✓ Real physics. No chrome. Full-screen.

TWELVE WAYS TO USE ONE MINUTE

- 1 The between-meetings reset.
- 2 Before you walk in.
- 3 The morning open.
- 4 Wind-down for sleep.
- 5 Eyes closed entirely.
- 6 The quiet train ride.
- 7 With a screen reader.
- 8 Motion-sensitive practice.
- 9 日本語で.
- 10 A classroom minute.
- 11 The gentle streak.
- 12 A daily line to carry.

KEEP HUSH FREE

HUSH is free for everyone.
No account. No card. No upsells.
If it helps you, please consider
supporting the work.



DONATE

thepracticecenter.org/donate



TRUST

- ✓ Hosted on Netlify with automatic HTTPS.
- ✓ HUSH collects no personal data: no accounts, no analytics SDK, no advertising.
- ✓ Preferences stay on-device.
- ✓ Feedback via Roo is anonymous and captures only the active mode and what you wrote.
- ✓ No medical claims. Designed for relaxation, not treatment.
- ✓ Details: hush.aidedeq.org/privacy.html



HUSH

AIDEDEQ.ORG

TOOLS THAT CENTER CARE,
EQUITY, AND HUMAN WELL-BEING
IN EVERYDAY TECH.

BREATHE · RESET · RETURN