

BREATHING TECHNIQUE: 4-7-8 BREATH

Sit comfortably on a chair or the floor. Keep your back straight and allow your hands to rest in your lap or on your thighs.

Look ahead and slightly down (keeping your head straight). Try not to look at anything in particular. You can also close your eyes if this is comfortable for you.

Begin to focus on your breathing, inhaling through your NOSE and exhaling through your MOUTH.

Let the tip of your tongue touch the top of your mouth, just behind your top teeth.

Begin to inhale slowly, while counting to 4 seconds. Fill your lower lungs first (by pushing out your belly), then your middle and upper lungs.

Hold your breath for a mental count of 7 seconds.

Slowly exhale your breath for a count of 8 seconds. While you are exhaling, imagine letting go of all of your anxiety, tension, and stress.

That's one round. Pause briefly without inhaling for 2 seconds, and then start another round. Try doing 10-12 rounds to begin. With practice, you should build up to doing 25-30 rounds several times a day AND whenever you feel anxious, stressed, nervous, etc.

Summary: Inhale for 4 seconds - Hold for 7 seconds - Exhale for 8 seconds - Pause briefly - Repeat.