



4-7-8 Breathing Technique

(Used to decrease anxiety, sleep better and control emotional responses.)

- Find somewhere comfortable to sit. If you can, close your eyes.
- Breathe in through your nose to the count of 4.
- Hold the breath to the count of 7.
- Exhale through your mouth to the count of 8.

When you are starting out, only do this for 4 full breaths and gradually work your way up to 8 full breaths.

