



4-7-8 Breathing

* Deep breathing is one of the best and easiest ways to help reduce your worry and achieve relaxation and calmness.

STEPS:

- ◆ Exhale completely through your mouth, making a whoosh sound
- ◆ Close your mouth and inhale quietly through your nose to a mental count of **4**
- ◆ Hold your breath for a count of **7**
- ◆ Exhale completely through your mouth, making a whoosh sound to a count of **8**
- ◆ This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

