

4-7-8 Breathing

Deep breathing is one of the best and easiest practices you can learn to help reduce your worry and achieve calmness and relaxation. This special technique is called 4-7-8 Breathing, and even though this is something you can use when you are on alert, it's actually best to practice each day when you're not on alert. Practice this exercise each morning and evening for five to ten minutes, and you will start retraining your brain to be calmer!



Step 1:

Breathe in through your nose for 4 seconds into your diaphragm; imagine a balloon inflating below your ribcage into your tummy.



Step 2:

Hold the breath in your tummy for 7 seconds.



Step 3:

Make your mouth small and breathe out through your mouth for 8 seconds to deflate your balloon.

Repeat these steps for five to ten minutes, and prepare to feel calm!

If you can't do the full counts the first few tries, don't worry! Breathe in, hold, and breathe out for as long as you feel comfortable. You'll be able to get to the full counts with practice!