4-7-8 breathing technique

Take a moment and check in with yourself



When we're feeling anxious, it can seem like there's no way out of it.

There are little things we can do to pause our worries and find some calm. Breathing techniques, meditation and guided imagery are a few.

Give 4-7-8 breathing a try right now. And if you've tried self-soothing and the anxiety remains, know that support is available.

To learn more about anxiety and about other coping techniques, scan this code or visit **yousupported.com.**

To see the full range of benefits available to you, visit **liveandworkwell.com.** Register with your HealthSafe ID, or browse as a guest with your company access code: UHC

COLUMBUS CITY SCHOOLS

4-7-8 breathing

Before, during or after a stressful situation, try this simple breathing technique.



If you or someone you know has thoughts about suicide, seek help right away. To talk with a trained counselor, you can call the 988 Suicide & Crisis Lifeline anytime. If you or someone you know is in immediate danger, call 911 – or go to the closest emergency room.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

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