



## The 4-7-8 Breathing Exercise

The key to this exercise is to remember the numbers 4, 7 and 8.

It is not important to focus on how much time you spend in each phase of the breathing activity, but rather you focus on the ration of time in each phase.

Here's how it's done:

1. Sit up straight
2. Place the tip of your tongue up against the back of your front teeth. Keep it there through the entire breathing process
3. Breathe in silently through your nose to the count of four
4. Hold your breath to the count of seven
5. Exhale through your mouth to the count of eight, making an audible "woosh" sound (this is the fun part 😊)
6. That completes one full breath. Repeat the cycle another three times, for a total of four breaths