

4-7-8 BREATHING

How to Use 4-7-8 Breathing:

1. Exhale completely through your mouth with slightly pursed lips so your exhale is audible.
2. Inhale through your nose for a silent count of 4.
3. Hold your breath for a silent count of 7.
4. Exhale audibly through your mouth for the count of 8.
5. Repeat 4 times.

Tips for Using 4-7-8 Breathing:

- Start with 4 cycles through the 4-7-8 breath for the first month. If you like, slowly increase up to 8 cycles.
- If the 4-7-8 count feels too long, try 2-3-4 at first and work your way up.
- If you have anxiety, make sure you inhale into your belly, not your upper chest. If this technique still makes you anxious, discontinue and try a different anxiety reduction technique.
- This can be used any time of day, but for best results practice 4-7-8 breathing a minimum of twice a day (morning and night).



Melissa Lewis-Duarte, Ph.D. founded Working On Calm
to help others cultivate a calm, content life.

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