

The 4-7-8 breathing method

There are many kinds of deep breathing techniques, but this method is a simple way to get started. Before you begin, pick a quiet and comfortable place to sit and eliminate distractions like cell phones or other electronic devices.



4

Breathe in through your nose for four seconds and fill your lungs completely.

7

Hold the breath for seven seconds.

8

Let the air out (forcefully, so you can hear it) for eight seconds through your mouth.

Repeat 4 times.

The 4-7-8 method helps to quiet your natural response to stress, so it can be a great addition to your daily routine. Try it first thing in the morning. Or at bedtime. Or during your busy workday.

Whatever time you choose, do your best to be consistent.