

4-7-8 Breathing Exercise: Breathe in for 4 counts, hold for 7 counts, exhale for 8 counts



Directions:

To begin have your tongue touching the roof of your mouth behind your top front teeth and close your eyes.

Breath in through nose 1-2-3-4

Hold 1-2-3-4-5-6-7

Exhale through mouth 1-2-3-4-5-6-7-8

Breath in through nose 1-2-3-4

Hold 1-2-3-4-5-6-7

Exhale through mouth 1-2-3-4-5-6-7-8

Breath in through nose 1-2-3-4

Hold 1-2-3-4-5-6-7

Exhale through mouth 1-2-3-4-5-6-7-8

Breath in through nose 1-2-3-4

Hold 1-2-3-4-5-6-7

Exhale through mouth 1-2-3-4-5-6-7-8

And resume normal breathing.

Implement this breathing exercise 2-4x per day. (big changes will happen in 4-8 wks)

Benefits: fall asleep, handle cravings, lowers blood pressure/heart rate, improves digestion, lessens anxiety

Resource: 4-7-8 breathing exercise by: Dr. Weil

<https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>