



4-7-8 BREATHING

FOR RELAXATION

Managing stress and being truly relaxed can be entirely achieved by your breathing. This simple exercise calms the nervous system and the more you practice, the more powerful it becomes. Try to use this breathing technique twice a day for optimal results.

PREPARATION

**Sit comfortably with your back straight
Put the tip of your tongue on the top of your mouth right behind your front teeth. Keep your tongue here during the breathing exercise.**

4-7-8 BREATHING TECHNIQUE

- **Exhale through your mouth making a "whooshing" sound**
- **Inhale, quietly, through your nose to a count of 4**
- **Hold your breath and count to 7**
- **Exhale through your mouth, making a "whooshing" sound for a count of 8.**
- **Repeat the cycle 3 more times for a total of 4 cycles**

DR. MYERS HURT