

## **Deep Breathing**

### **4-7-8 Breathing**

- 1) Place the tip of your tongue on the roof of your mouth, right behind your front teeth.
- 2) Breathe in through your nose for a count of 4.
- 3) Hold your breath for a count of 7.
- 4) Release your breath from your mouth with a whooshing sound for a count of 8.
- 5) Without a break, breathe in again for a count of 4, repeating the entire technique 3-4 times in a row, then resume normal breathing and activity.

- The 4-7-8 breathing technique works because when you are stressed out, your breathing becomes very shallow. When you are under-breathing it's hard to think clearly if you're not getting enough oxygen. And when you are totally freaking out with anxiety or a panic attack, it's common to breathe very shallowly, hyperventilate, or even unconsciously hold your breath—which affects your thinking and your health even more!
- By drawing out your inhale over a count of 4, you are making yourself slowly and consciously take in more oxygen.
- Then by holding your breath for a count of 7, you allow as much of that oxygen to saturate into your bloodstream as possible, cleansing and energizing all your cells, tissues and organs.
- Finally, by exhaling for a count of 8, you make sure you have expelled as much carbon dioxide from your lungs as possible.
- The 4-7-8 breathing technique basically takes the shallow, oxygen poor breathing you normally do when you are stressed out, and turns it upside down which will help you think clearer and have positive effects on your body and your mind.