



# 4-7-8 BREATHING

*Inhale worry. Exhale peace.*

Close your mouth and inhale quietly through your nose to a mental count of 4.

**INHALE**  
4S

**HOLD  
YOUR  
BREATH**  
7S

Hold your breath to a mental count of 7.

Exhale completely through your mouth, making a whoosh sound to a mental count of 8.

**EXHALE**  
8S

**REPEAT  
4 TIMES**

