

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.

Breathing For Breadth

Clifford Lane



Breathing For Breadth:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Breathing For Breadth** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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