

# 4-7-8 Breathing

Breathe in (through your nose) for 4 seconds.

Hold your breath for 7 seconds.

Breathe out (through your mouth) for 8 seconds while holding the tip of your tongue behind the top of your two front teeth.

Repeat cycle 3 to 4 times, and enjoy!

This technique is extremely relaxing and should not be used while driving, including while stopped in traffic. Each cycle takes 19 seconds, with 3 cycles taking under one minute – the perfect stress-buster for the workplace. It is also helpful as a sleep aid.

[www.visionary-radio.com](http://www.visionary-radio.com)



This information is not to be used as a substitute for health advice or consultation from a licensed health care provider. The user should consult their health care provider with any mental health issues, signs, symptoms, changes, physical signs, symptoms, changes and before starting any exercise or other health program. The author and publishers expressly disclaim responsibility for any adverse effects arising from the use or application of this technique.