



TAKE ONE MINUTE FOR  
YOUR SELF-CARE!

# 4-7-8 BREATHING

Rushing through our days causes shallow breathing which leads to imbalances in our nervous systems and organ systems, in turn increasing our worries and feelings of overwhelm. Give yourself, your mind, and your body some breathing room!

4-7-8 Breathing is my anchor. I practice it first thing in the morning and at the end of my day – sometimes before I journal three good things that I experienced during the day, sometimes afterward just before going to sleep. It is easy to learn, takes less than a minute, and costs nothing, just your awareness and practice – and it is so worth it!!

While the 4-7-8 breathing technique was developed and popularized in 2015 by Andrew Weil, MD, the father of integrative medicine in America, it has roots in the ancient yogic practice of Pranayama. The ancient Vedic texts and modern science have shown that breathing techniques such as this support calming your restless mind and aid in healing your body.

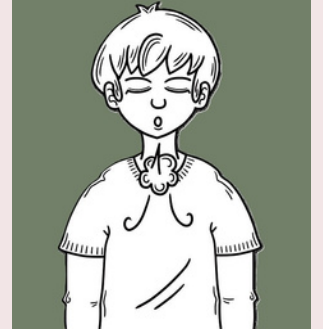
Since practicing 4-7-8 Breathing daily, I have noticed my stress response has become more flexible, elastic, and skilled. I have more energy and feel comfortable 'in my skin'. My clients who have started practicing it daily have reported experiencing less anxiousness, a more balanced mind and mood, better sleep, and feeling more resilient.

# 4-7-8 BREATHING TECHNIQUE

**Step 1:** Find a comfortable seat with your legs uncrossed and a straight back – close your eyes if that is comfortable to you

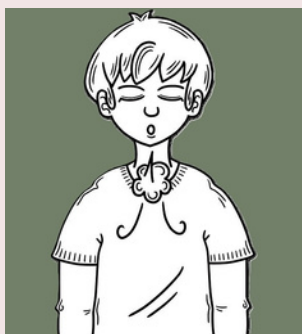
**Step 2:** Rest your tongue on the roof of the mouth (the rigid behind the front teeth) and keep it there

**Step 3:** Empty your lungs and belly by fully exhaling through the mouth around your tongue



**Step 4:** Close your mouth and breathe in through your nose for a count of 4. Contrary to the illustration here, keep your shoulders relaxed :-)  
**Inhale for 1-2-3-4**

**Step 5:** Hold your breath for a count of 7  
**Hold for 1-2-3-4-5-6-7**



**Step 6:** Slowly exhale by pursing your lips slightly for a count of 8 (you'll make a "whoosh" sound)  
**Exhale for 1-2-3-4-5-6-7-8**

**Above is 1 cycle. Repeat for 3 additional cycles.  
Resume breathing normally, gently opening your eyes when  
you are ready. See what you notice.**