

# Just Relax and Breathe!



1. **Relaxing Breath (the 4-7-8)**  
Place the tip of your tongue against the ridge of tissue just behind your upper front teeth. Keep your tongue in this position throughout the entire exercise.  
Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of four.  
Hold your breath for a count of seven.
3. Exhale completely through your mouth, making a whoosh sound to a count of eight.  
This is one breath. Repeat the cycle three more times for a total of four to eight breaths.
4. Continue by breathing in and out of your nose paying attention to your breath and how it feels in your body. You may pay attention to how the cold air feels coming in as you inhale and how the warmed air feels as you exhale.
5. You can use this breathing when you feel tension or have difficulty falling asleep. It INSTANTLY works to calm your nervous system!
- 6.
- 7.
- 8.