

## 4 - 7 - 8 Breathing

4-7-8 breathing is a key tool for balancing and re-setting your stress state. By slowing your breathing rate down using 4-7-8 your body will move from a stress state [*Sympathetic: fight or flight*] to a state of calm [*Parasympathetic: rest & digest*].

### All it takes is 19 seconds...

- Inhale quietly but deeply through your nose to count of **4**.  
Rest your tongue on the roof of your mouth, just behind your front teeth. Breathe into and expand your belly, not just your chest.
- Hold your breath for a count of **7**.
- Exhale completely through your mouth to a count of **8**, making a whooshing sound.
- Repeat with no break 1-4 times; more after becoming practiced.

### How can I make this a new habit?

Getting results might take some time and practice for you so don't be concerned about the outcome, just focus on doing the process! As you continue to practice, it becomes more natural for you and the benefits will be observable. The trick with this is to make it a regular punctuation feature to every day, meaning: make it a habit.

Anchoring this habit to something else that is a frequent part of your life, makes it easy to remember. Our recommendation is to anchor it to when you go to the bathroom. You will go to the bathroom multiple times every day for the rest of your life, no matter what is happening in your life or where you are. Going to the bathroom means you are always alone (unless you have young kids!) and it always takes at least 20 seconds, which means doing a rotation of 4-7-8 doesn't take any extra time out of your day. Sure, the bathroom is not always the greatest smelling place, so before or after, or while washing your hands works too.

- Don't worry about how many repetitions you do.
- Don't worry about getting it exactly right.
- Don't worry about if you feel any different afterwards.
- Just focus on installing the habit!

Once it is a habit, you'll get good at it, it will be effortless, and the cumulative benefits will be profound.