

how to:
4-7-8 breathing

The 4-7-8 breathing technique helps when you're feeling stressed, anxious or have trouble sleeping.

It causes an automatic nervous system shift from a sympathetic (fight or flight reaction) state to a parasympathetic response.

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BREATHE IN THROUGH YOUR NOSE FOR 4 SECONDS

HOLD YOUR BREATH FOR 7 SECONDS

EXHALE THROUGH YOUR MOUTH FOR 8 SECONDS

REPEAT AS MANY TIMES AS YOU NEED

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