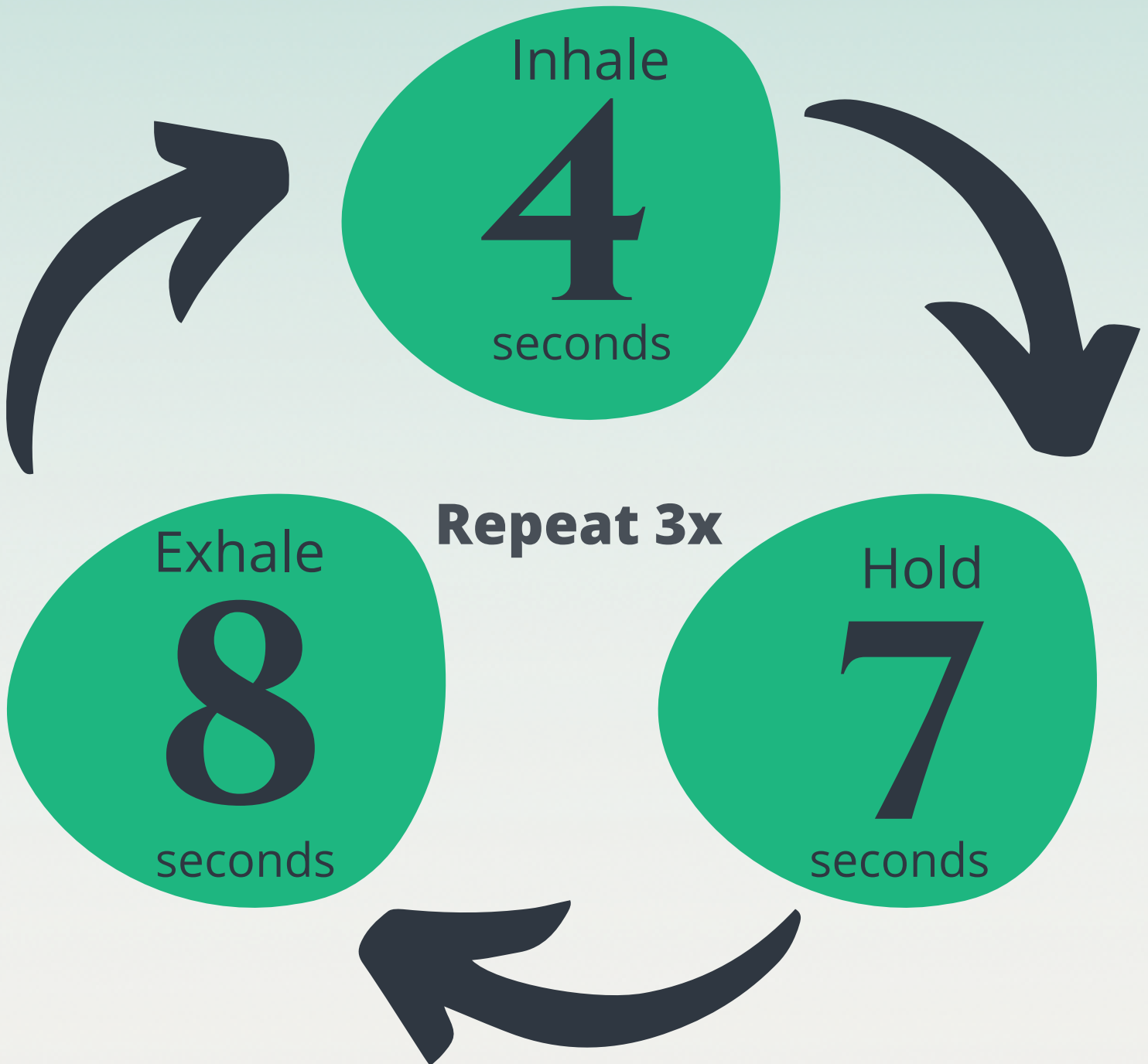




# 4-7-8

## Breathing Technique





# 4-7-8 Breathing Technique

## Welcome to the 4-7-8 Breathing Technique!

Throughout your day, you may notice subtle signs of stress or tension within your body. This simple technique is a natural reset for your nervous system in times where you may feel overwhelmed.

You may notice that your capacity to hold your breath may increase as you practice 4-7-8 breathing more.

There is no age limit to this technique, so feel free to share it with the children and older adults in your life!

To practice this breathing exercise alongside a guided meditation, follow this audio narration created by Clinical Social Worker, Noderea John: [Therapy & Melanin 4-7-8 Breathing Exercise](#).

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# 4-7-8

## Breathing Technique

### STEP 1:

Inhale through your nose for 4 seconds.

### STEP 2:

Hold your breath for 7 seconds.

### STEP 3:

Exhale through your mouth for 8 seconds.

### STEP 4:

Repeat this cycle 3x.



**4-7-8**  
**Breathing  
Technique**

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