



4-7-8 Breath *Relaxation Exercise*

A simple, powerful tool for stress relief and nervous system support.

BEGINNER TIPS

- Sit with your back straight.
- Place the tip of your tongue against the ridge behind your upper front teeth.
- Keep it there throughout the exercise.
- Exhale through your mouth around your tongue; purse lips if needed.

THE STEPS

4

Inhale quietly through your nose

7

Hold your breath

8

Exhale completely through your mouth — make a whoosh sound

Repeat for 4 total breaths. That's one full cycle.

ANYONE CAN DO IT

- Simple
- Quick
- No equipment needed
- Do it anywhere

ARE THE NUMBERS IMPORTANT?

The absolute time spent on each phase is not important — the 4:7:8 ratio is.

If holding your breath is difficult, speed up but keep the ratio. With practice, you can slow it down.

WHY SHOULD I DO IT?

This exercise is a natural tranquilizer for the nervous system.

Unlike medications that lose power over time, this technique grows stronger with practice.

Use it whenever anything upsetting happens — before you react.
Use it to ease internal tension.
Use it to help you fall asleep.

HOW OFTEN?

At least twice a day.

Do not exceed four breaths at a time during your first month.

Later you may extend to eight breaths.

If you feel slightly lightheaded at first, do not worry — it will pass.

"This exercise is subtle when you first try it but gains in power with repetition and practice."

— Dr. Andrew Weil