

4-7-8 BREATH RELAXATION EXERCISE

Place yourself into a comfortable but upright seated position, with your back straight. Exhale completely through your mouth, making a “whoosh” sound.

- 1 Close your mouth and inhale quietly through your nose to a mental count of four.
- 2 Hold your breath for a count of seven.
- 3 Exhale completely through your mouth, making a whoosh sound to a count of eight.
- 4 This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

FAQ:

Are the numbers important?

The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

Why should I do it?

This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Use this new skill whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep.

How often?

Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned - it will pass.