



4-7-8 BREATHING TECHNIQUE



Slow Your Breath. Calm Your Mind. Feel More in Control.

WHAT IS 4-7-8 BREATHING?

A simple breathing exercise that helps calm your body and mind. It can reduce stress, ease anxiety, and help you feel more relaxed.

BEFORE YOU BEGIN



Sit comfortably with your back supported.



Relax your shoulders.



Close your eyes or soften your gaze.



Place one hand on your chest or belly.



Breathe in through your nose.

HOW TO DO 4-7-8 BREATHING

STEP 1

INHALE 4 SECONDS

Breathe in slowly through your nose for a count of 4.



1 2 3 4

COUNT SLOWLY

What do you notice in your body?

STEP 2

HOLD 7 SECONDS

Hold your breath gently for a count of 7.



1 2 3 4 5 6 7

COUNT SLOWLY

What thoughts or sensations do you notice?

STEP 3

EXHALE 8 SECONDS

Breathe out slowly through your mouth for a count of 8.



1 2 3 4 5 6 7 8

COUNT SLOWLY

What changes do you notice after exhaling?

PRACTICE ROUNDS

Repeat the cycle 4 times.

ROUND	HOW CALM DO I FEEL? (1-10)	THOUGHTS / FEELINGS / BODY SENSATIONS
1		
2		
3		
4		

WHEN CAN I USE THIS?



Before bed



During anxiety or panic



Before difficult conversations



During cravings or urges



After stress or conflict



During trauma triggers



Before school/work/meetings



To help with focus



Other: _____

CALMING VISUALIZATIONS

Choose a picture that helps you relax while you breathe.



REFLECTION

What emotions did I notice before practicing?

What emotions do I notice after practicing? _____

Did my body feel different afterward? _____

What part of the exercise was easiest? _____

What part was challenging? _____



IMPORTANT REMINDER

You do not need to "do it perfectly" for it to help. The goal is not perfection – the goal is slowing down, reconnecting with your body, and creating a moment of safety and control.

INHALE

4



HOLD

7



EXHALE

8

Repeat 4 times.

Breathe slowly. Be gentle with yourself. One breath at a time.