4-7-8 Breathing

Use this breathing tool to help you relax and unwind when you are feeling stressed or overwhelmed. You can also use this tool to help you fall asleep.

1. **Breathe out.** Breathe out completely through your mouth. Then close your mouth.

2. **Breathe in quietly through your nose.** Breathe in for a mental count of 4.

3. **Hold your breath.** Hold your breath for a count of 7.

4. **Slowly breathe out.** Breathe out completely through your mouth for a count of 8. You should not be able to breathe out anymore after a count of 8.

5. **This is 1 breath.** Breathe in again and repeat the cycle 3 more times.

6. **Do this at least 2 times a day.** If you start to feel upset, anxious or nervous, use this tool before you react to a situation.

If you have any questions about wellness, please contact (212) 432-8494 or wellness@chnyyc.org.