



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@chnnyc.org.