Use this breathing exercise when you feel stressed or anxious, need a break, or are having trouble falling asleep.

In this exercise, you will inhale through one nostril, hold your breath, and then exhale through your other nostril.

1. **Put your finger on your right nostril to close your nostril.** Keep your mouth closed and **breathe in** for a count of 4.

2. **Hold your breath** for a count of 2 by pinching your nose closed.

3. With your mouth still closed, **take your finger off of just your right nostril and breathe out** for a count of 8.

4. Repeat 5 times. Let your mind follow your breath as you breathe in and out.

5. **Close your left nostril** with your finger. Keep your mouth closed and **breathe in** for a count of 4.

6. **Hold your breath** for a count of 2 by pinching your nose closed.

7. With your mouth still closed, **take your finger off of just your left nostril and breathe out** for a count of 8.

8. Repeat 5 times. Let your mind follow your breath as you breathe in and out.

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