

4-7-8 Breathing Exercise to Help Calm You Down.

The following exercise should be practiced for 5 minutes twice a day.

Technique:

- 1) Sit comfortably. Back straight. Crossed legged if you prefer.
- 2) Inhale for a count of 4. You should feel your diaphragm expand (like a balloon expanding near your tummy area).
- 3) Hold your breath for a count of seven. (Initially this may be 5 or 6 seconds, but it will improve as you practice).
- 4) Open your mouth slightly and exhale. You should feel the diaphragm going in. Kind of like a balloon releasing its air.
- 5) Repeat steps 2 to 4 for 3 to 4 breaths at a time for approximately 5 minutes. Repeat twice a day.

Did I practice my breathing exercise today?

		Monday	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Morning							
	Night							
Week 2	Morning							
	Night							
Week 3	Morning							
	Night							
Week 4	Morning							
	Night							