

WHAT IS 4-7-8 BREATHING?

Exhale for
eight
counts.

Inhale for
four
counts.

Hold for
seven
counts.



When we're feeling stressed or anxious, intentionally slowing down our breathing can help calm our nervous system and soothe negative feelings. 4-7-8 Breathing was developed by Dr. Andrew Weil. Try using it for 3-4 cycles next time you feel tense.

Learning techniques to help us relax or calm down encourages Self-management, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel