

breathe...

The 4-7-8 Breath - Why it works:

- The long exhale activates the parasympathetic nervous system, which signals the body to relax
- Helps reduce anxiety, lower heart rate, and improve sleep
- Simple and can be done anywhere, anytime—before bed, after a stressful moment, or during the day for a reset

inhale

deeply through your nose for 4 seconds, filling the belly. Hold the breath for 7 seconds

exhale

slowly through the mouth for 8 counts, letting go of any tension

repeat