

# The 4-7-8 breathing method

There are many kinds of deep breathing techniques, but this method is a simple way to get started. Before you begin, pick a quiet and comfortable place to sit and eliminate distractions like cell phones or other electronic devices.



**4**

Breathe in through your nose for four seconds and fill your lungs completely.

**7**

Hold the breath for seven seconds.

**8**

Let the air out (forcefully, so you can hear it) for eight seconds through your mouth.

**Repeat  
4 times.**

The 4-7-8 method helps to quiet your natural response to stress, so it can be a great addition to your daily routine. Try it first thing in the morning. Or at bedtime. Or during your busy workday. Whatever time you choose, do your best to be consistent.

# Deep Breathing

**SA Dillow**



**Deep Breathing:**

## Whispering the Secrets of Language: An Mental Quest through **Deep Breathing**

In a digitally-driven world wherever monitors reign supreme and instant conversation drowns out the subtleties of language, the profound strategies and mental subtleties concealed within phrases usually move unheard. Yet, set within the pages of **Deep Breathing** a captivating fictional treasure sporting with fresh feelings, lies an exceptional quest waiting to be undertaken. Composed by an experienced wordsmith, this enchanting opus invites visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the psychological depths of the poignant review, we shall embark upon a genuine exploration of the book is core themes, dissect their captivating writing model, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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